

LEARNING RESOURCES:

CASSEROLES

The casserole you made will be given to individuals or families experiencing food insecurity or served by JVC's shelter partners, who help individuals and families experiencing homelessness.

Jewish Value connected to this project:

V'ahavta L'reacha Kamocha - ואהבת לרעך כמוך - loving your neighbor as yourself

Facts about Hunger and Food Insecurity:

- The USDA defines **food insecurity** as “a lack of consistent access to enough food for an active, healthy life.”¹
- 25% of Baltimore residents live in a food desert.²
 - Food deserts are defined as parts of the country where fresh fruit, vegetables, and other healthful whole foods are difficult to find. This is largely due to a lack of grocery stores, farmers' markets, and healthy food providers.³
- Nearly half of Maryland's hungry are working—people who don't make enough to provide both healthy food and a safe home for their families.⁴
- 1-in-4 children in Baltimore City's schools are hungry when arriving to school, having not eaten a full meal since they left school the day before.⁵

Consider this text:

“Whatever I wish for myself, I wish also for my fellow; and whatever I dislike for myself, I should also not want to befall them.”

– Rambam, Book of Commandments, Positive Commandment #206
[Translation by Berell Bell. Edited for gender neutrality]

Discussion Questions:

- How do you feel when you are hungry?
 - What do you think it would be like to be hungry all the time?
 - What casserole did you chose to make? Why did you select that recipe?
- What is the difference between donating a homemade casserole vs. something premade from the grocery store freezer section?
 - How are you going to help your neighbors next?

¹ <https://hungerandhealth.feedingamerica.org/understand-food-insecurity/>

² <http://archive.baltimorecity.gov/portals/0/agencies/planning/public%20downloads/Baltimore%20Food%20Environment%20Executive%20Summary%202015.pdf>

³ <http://americannutritionassociation.org/newsletter/usda-defines-food-deserts>

⁴ <http://www.vincentbaltimore.org/hunger>

⁵ <http://www.vincentbaltimore.org/hunger>