



# Soup Kits

**THE SOUP KITS YOU ARE PUTTING TOGETHER WILL BE DONATED TO INDIVIDUALS AND FAMILIES EXPERIENCING FOOD INSECURITY—MEANING THEY CANNOT ALWAYS GET THE FOOD THEY NEED TO LIVE A HEALTHY LIFE.**

With this soup kit, they can add water and cook on the stove to have a hearty meal for 4–6 people.

*“My name is Robert, and I am eight and have one brother, who is nine. We live with my mother and father. My mother works in a factory, but my father is often unable to work. Usually, we have hamburgers, hot dogs or spaghetti for dinner. For breakfast, we eat cereal. The closest grocery store is three miles from my house. Sometimes we do not have enough money to put gas in the car and buy groceries. So my mother puts gas in the car and goes to a food bank where the food is free. But there isn’t much choice of food and everything is canned. My mother would like to provide a healthier menu for our family.”*

## DISCUSS:

- What types of food do you think Robert’s mother would like to add to their family’s menu?
- What are some reasons Robert’s family can’t have the types of food his mother wants?
- In what ways would the soup kit you are preparing help a family like Robert’s? What problems will it not solve?
- What other ways could you help families like Robert’s get the healthy foods they want?

## DID YOU KNOW?

The Torah tells the story of many famines- periods of time when crops did not grow and people could not get or grow enough food. In fact, famines are important parts of the stories of all three generations of Judaism’s patriarchs and matriarchs (Abraham and Sara, Isaac and Rebecca, and Jacob, Rachel, and Leah). Famines are mentioned more than five times throughout the Torah.

**By focusing on famines so much, the Torah is reminding us of how important it is for people and the community to have enough food to eat. These stories push us to think about those who do not have access to enough healthy food and to do projects like this to support them.**

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**THIS SOUP KIT WILL BE GIVEN TO INDIVIDUALS AND FAMILIES THROUGH A VARIETY OF SERVICE PARTNER ORGANIZATIONS. RECIPIENTS HAVE HOMES AND THE ABILITY TO COOK FOR THEMSELVES BUT MAY NOT ALWAYS BE ABLE TO AFFORD THE HEALTHY FOODS THEY WANT AND NEED.**

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- In MD, 10% of households are considered food insecure meaning that they do not have consistent access to enough food for an active, healthy life.<sup>1</sup>
- In Baltimore, 25% of residents live in “food deserts,” areas where fresh fruit, vegetables and other healthful whole foods are difficult to find.<sup>2</sup>

## DISCUSS:

- What barriers are identified in Robert’s story that prevent his family from accessing healthy foods?
- In what ways would a soup kit help a family like Robert’s? In what ways would receiving this soup kit not be helpful enough?

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These stories push us to empathize with experiences of food insecurity that still exist in our community today. The Torah is also reminding us of the central importance of food in both individual and societal health. When people are well-nourished, they can focus on other things like learning and contributing to society. When they aren’t, they can’t and the whole community suffers. **In what ways can we use these stories of Jewish tradition to inspire action for people who are hungry in our community like Robert?**

<sup>1</sup> www.mazon.org

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

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