

## **Feeding the Hungry Reflection Session**

**Priority Goal:** We are living Jewish values anchored in/that lead to caring, purposeful relationships.

**Big Idea:** It's a mitzvah to feed the hungry.

**Knowing:** Learners will be able to explain why hunger is an issue in New York City, and what government assistance is available. Learners will be able to explain in their own words what Jewish texts have to say about the mitzvah of feeding the hungry.

**Doing/Living:** Learners will engage in the mitzvah of feeding the hungry.

**Believing/Valuing:** Learners will be able to express why it's their responsibility as Jewish adults to feed the hungry.

**Belonging:** Learners will feel connected to each other and to other Emanu-El/NYC community members by volunteering together. Learners will be able to advocate on behalf of fellow New Yorkers regarding SNAP benefits.

### **Noticing Tools:**

Verbal answers to discussions

Reform Responsa

It's a Mitzvah

### **Materials:**

Texts

Map piece

Reflection Cards

Menu pages/Food lists

Poster

### **Prep Required:**

1. Make sure there are enough caption shapes
2. Order poster with pictures from action sessions.
3. Put out reflection cards
4. Make sure there are copies of the text from the Learning Session
5. Photo copy menu pages and food list

### **Activities:**

Opening Rituals (20 minutes, doing, believing, belonging)

Discussion/Text Study Follow Up (20 minutes, knowing, believing)

Snap Activity (30 minutes, knowing, doing, believing)

Reform Responsa (45 minutes, doing, believing, belonging)

Closing rituals (5 minutes, believing, belonging)

### **Plan of Action:**

Created by the Department of Lifelong Learning  
Congregation Emanu-El of the City of New York



## Rituals

- Kvetch/Kvell
  - Each student will share a kvetch/kvell from their week.
- Snack
  - Students will say the blessings over snack and juice.
- Tzedakah
  - Students will say the blessing over giving tzedakah.
- Captions
  - Students will choose a shape and write a caption for one of the pictures on the poster
    - Light bulb – something new they learned
    - Hand – what they did
    - Heart – how they felt
    - Foot – how they were part of a community
- Reflection Cards
  - Each student will choose a reflection card (small laminated cards that have various pictures and words on them) to demonstrate their initial thoughts on the action session.
  - Each student will share why they chose that reflection card.

## Discussion

- Ask:
  - What did you find most meaningful about the volunteer experience? The most surprising?
  - Do you have any stories from the experience you want to share?
  - Which of your assumptions were true? Which were not true?
  - How did you fulfill the mitzvah of feeding the hungry?
- In small groups, students should look at the text from the learning session and discuss:
  - How does the text relate to the service work you did?
- Each group should share highlights of their discussion with the class

## SNAP Activity

- Two weeks ago, we learned a little bit about SNAP.
  - Who remembers what SNAP stands for? (Supplemental Nutrition Assistance Program)
  - Who remembers how much a family of 4 gets per day for food? (\$17.84).
  - Most families use up their SNAP benefits by the end of the third week each month, if not earlier. They have no choice but to get their meals from soup kitchens and food pantries. In small groups, you are going to get a list of what a family of 4 would get for 5 days. You have to come up with their meals for those 5 days.
- Everyone should share their menu for one of their five days
- Ask:
  - How do these meals compare to the meals you eat?
  - Do these meals seem healthy and nutritious?



- How would you feel eating these meals on a daily basis?
- Was it hard to come up with meals?
- What was missing? What else did you wish you had?
- What surprised you the most? What did you learn?

### **Reform Responsa**

- In small groups, students will create Mitzvah Corps responsa to SNAP. They can create a written responsa, a social action poster, or video responsa. They should use the text they studied in the Learning Session, and there are extra texts on page 4 of the lesson plan. If necessary, use examples from <https://ccarnet.org/rabbis-speak/reform-responsa/>
- Each group should present their responsa for the rest of the class
- Ask:
  - How did writing this responsa help you think about how you can continue to fulfill the mitzvah of feeding the hungry?

### **Closing Rituals**

- Map
  - The students will put the map piece on the bulletin board, filling in another hole in the “broken” world.
  - They will say the blessing (she’natan lanu hiz’dam’nut l’taken et ha’olam)
- It’s a Mitzvah
  - In their own words, each student will share why it’s a mitzvah to feed the hungry.



## Additional Texts on Feeding the Hungry

### **Leviticus 19:9-10**

When you reap the harvest of your land, you shall not reap your field to its very border, neither shall you gather the gleanings after your harvest. And you shall not strip your vineyard bare, neither shall you gather the fallen grapes of your vineyard; you shall leave them for the poor and for the stranger: I am Adonai your God.

### **Isaiah 58:7-8, 10-11**

Shouldn't you share your bread with the hungry, and bring the homeless poor into your house? If you shall give of yourself for the hungry and satisfy the desire of those who are suffering, then shall your light rise in the darkness. And the eternal will guide you continually, and satisfy your desire with good things, and make your bones strong.

### **Ben Sira**

A small bit of bread may be life to the poor; one who deprives them of it sheds blood.

### **Baba Batra 11a**

A story is told of Binyamin HaTzaddik, who was the supervisor of the community's tzedakah funds. Once, when food was scarce, a woman came to him and said, "Rabbi, feed me!" He replied, "I swear there is nothing in the tzedakah fund." She said, "If you do not feed me, a woman and her seven children will die." So he fed her from his own money.



### Meal Planning Worksheet

	Breakfast	Lunch	Dinner
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			



SOVA (Los Angeles Food Pantry) List  
*A family of 4 would receive the following for 5 days*

1 can vegetables  
1 can meat  
1 can fruit  
1 can tomatoes/sauce  
1 can beans  
1 can tuna  
1 can pasta  
1 jar peanut butter  
1 package of soup/ramen  
1 pound dry beans  
1 pound dry rice  
1 pound dry pasta  
1 box mac & cheese  
1 box dry cereal  
1 packet hot cereal  
1 snack item  
1 quart milk (wet or dry)  
1 bottle juice  
2 apples  
1 banana  
2 carrot  
½ head lettuce  
1 onion  
1 orange  
2 potatoes  
4 eggs

