

LEARNING RESOURCES:

Casseroles



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Network**
An agency of The Associated

The casserole you made will be donated to individuals or families experiencing food insecurity or served by our nonprofit shelter partners.

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
- **23.5%** 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
- More than **34 million** people, including 9 million children experience food insecurity in the United States.⁴
- **1 in 8** people in Maryland, and **1 in 4** in Baltimore City, are food insecure.⁵
- **1 in every 3 children** in Baltimore City are food insecure and don’t receive the healthy foods they need to thrive and succeed.⁶

CONSIDER THIS TEXT:

Rambam (Maimonides), was a 12th century Spanish rabbi, philosopher, Torah scholar and doctor. This quote was taken from the book he wrote, the Mishnah Torah, or Book of Commandments.

“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]

By making this casserole, you are assuring people have the basic human right to food. You deserve this, as does everyone else.

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://www.feedingamerica.org/hunger-in-america/food-insecurity>

² <https://planning.baltimorecity.gov/baltimore-food-policy-initiative/food-environment>

³ <https://clf.jhsph.edu/sites/default/files/2019-01/baltimore-city-food-environment-2018-report.pdf>

⁴ <https://www.vincentbaltimore.org/what-we-do/hunger/>

⁵ <https://www.vincentbaltimore.org/what-we-do/hunger/>

⁶ <https://www.vincentbaltimore.org/what-we-do/hunger/>