

This fall, houses of worship, schools and community groups will take part in **Food Day**. Raise awareness about food ethics (FE), local access to food (LA), nutrition and health (NH) and sustainability (S) by integrating food consciousness programs into your fall holiday celebrations. Host an event on Food Day (October 24) with a project or two from our menu of options!

## Rosh HaShanah

### CAN IT!

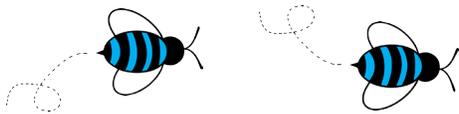
(LA) (NH)

Kick it off with a food drive. Fruits and vegetables are needed at emergency food providers, and healthier canned foods can meet this need. Look for low-sodium, no sugar-added and/or preservative-free labels, and choose healthier canned options

### PICKIN' TIME

(S)

Apples are in season across much of North America, so Rosh HaShanah is a great time to visit an orchard. Consider donating your harvest to a local emergency food provider



### GIVE THANKS

(FE) (S)

Eat with *kavanah*, intention, during your holiday meals: with Jewish food blessings from Motzi to Birkat HaMazon, food justice discussion questions and a “food commitment” to eat less meat during the new Jewish year

### FOR THE KIDS

(FE) (LA) (S)

Donate your weekly *tzedakah* to an emergency food service provider, incorporate a food justice text study into your youth service with our “Food, Glorious Food” Living Talmud, or have a religious school program that teaches about sustainable food systems and includes samples of local apples and honey!



## Yom Kippur

### TELL IT

(FE) (NH)

As the community gathers to think about its intentions for the year ahead, and as you experience pangs of hunger, don't be afraid to talk about food justice. For ideas, visit the Sample Sermons on [rac.org/food](http://rac.org/food). Options include:

- “A Synagogue is Not a Grocery Store”
- “Our Bodies are Temples, Not Trashcans”
- “Making Meaning out of Meat”



### READ ALL ABOUT IT

(FE) (NH) (S)

Host a book discussion with works from Michael Pollan, Barbara Kingsolver or Jonathan Safran Foer. Visit [rac.org/racreads](http://rac.org/racreads) for book discussion guides

### BREAK THE FAST IN STYLE

(FE) (NH) (S)

Cherish that first bite at your break fast with a blessing, include table tents with food justice discussion questions at your meal or choose healthy and sustainably-produced foods for your celebration

### LET'S DISCUSS

(FE)

During your afternoon Torah study, review a chapter from the Food for Thought curriculum, invite a chef to speak, or discuss a food sermon



# Sukkot

## WHAT IS FIT

FE S

Examine your synagogue's existing food policies - what is deemed "fit" to serve in a sacred Jewish space? Which environmental and ethical factors are considered? Study the sources and consider revising your congregation's food policies

## FOOD FILMS

S

Screen a food justice movie like FRESH, Food Inc. or Forks over Knives and discuss the film's themes. For a FRESH discussion guide, visit [www.freshthemovie.com](http://www.freshthemovie.com)



## SUKKOT MARKET

LA NH

Host a Sukkot food carnival in your social hall or parking lot with local food, cooking demonstrations and discussions with local food justice organizations

## SHARE YOUR HARVEST

LA S

Glean unharvested crops from a local garden or farm to donate to an emergency food provider, or volunteer at a soup kitchen



# Food Day

Now that you've grown your interest in food issues in your congregation, capitalize on Food Day as a time to celebrate your work and take it a step further!

## START A DINING CLUB

FE S

Support local restaurants that prioritize sustainable ingredients, animal welfare or fair trade. Call local restaurants to ask about their practices and remind them that their patrons value food justice



## CHECK IT OUT

LA S

Visit a site on your food chain before the supermarket like a seed supplier, trucking company, or cannery. See what it takes to get that ear of corn from the ground to your plate



## HOST A SACRED TABLE PARTY

FE LA NH

Discuss an essay from the CCAR's Sacred Table book of essays over a meal of local, seasonal foods. [www.ccarpress.org](http://www.ccarpress.org)

## PUT IT IN WRITING

FE LA NH

Include an article on food justice in your synagogue newsletter with a list of local soup kitchens or food pantries that need volunteers. You can also write about your Food Day events for a food blog or local paper

*You may plant your land for six years and gather its crops. But during the seventh year, you must leave it alone.  
- Exodus 23:10-11*

For more information about Food Day and to put your event on the Food Day map, visit [foodday.org](http://foodday.org)

Supplemental Resources Available  
on [RAC.org/Food](http://RAC.org/Food)

Religious  
Action  
Center  
of Reform Judaism