

JUDAISM VALUES:

PROVIDING FOOD FOR ALL

Hazan et Hakol

A hands-on toolkit for
doing social action with
your family



The Jewish Federation
OF GREATER WASHINGTON



Doing Good is a program of The Jewish Federation of Greater Washington.

Doing Good Guide

The Jewish Federation's Doing Good social action initiative offers meaningful opportunities for people of all ages to make a difference in our community.

This Doing Good Guide provides a way for adults to discuss Jewish values with kids, engage in hands-on activities and reflect on the experience as a family.

Practicing this Jewish value by preparing or collecting food and donating it helps teach about food equity.



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OF GREATER WASHINGTON



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How to Use the Doing Good Guide

Whether your child grows up to be a doctor, teacher or chef, the profession they choose is shaped by their interests and talents. The kind of individual they grow up to be, however, is formed by the lessons and experiences we instill as parents. The Jewish Federation understands the impact that practicing Jewish values and good deeds has on a child's development.

Engaging in volunteerism at a young age leads to more empathetic, compassionate adults—the Yiddish word for this is *mensch* (a good or honorable person). We have created this Doing Good Guide to help impart this Jewish value in an interactive, hands-on way. You can use this for your immediate family, or you can invite other families to join you to Do Good together.

The quantities for the hands-on activities are listed per project—multiply it for the number you wish to make and the number of people joining you. After reading through this guide and deciding which project(s) you'll do, contact the intended recipient to confirm that you have a destination for the items, then use these steps when doing it with your family.

STEP 1: Understand the purpose and impact of the Jewish value by reading the value introduction and exploring any of the suggested books.



STEP 2: Ask framing questions to set the tone for the experience and the learning. For older kids, allow them to read and ask you these questions. You don't have to be an expert. Respond to tough questions by saying "Good question; let's research an answer together."

STEP 3: Do the planned project. Older children can help plan and set up, too!

STEP 4: Reflect on the experience using the discussion questions. A child processes an experience by talking about it.

STEP 5: Deliver the completed items to the recipient organization. Bring your family with you, if appropriate.

STEP 6: Discuss everyday ways to Do Good and to incorporate this value into your daily lives.



Introduction to the Value



***Hazan et Hakol:* הזן את הכל**

English translation: providing food for all
Pronunciation: “**hah-zahn et hah-kohl**”

How It Is a Jewish Value:

In the grace after meals, we aspire to the divine goal of “*Hazan et Hakol*,” providing food for all. It is related to the Jewish value of *tzedakah*, which is often translated as “charitable giving,” but translates to “righteousness” or “fairness.” The root comes from the word *tzedek* (justice). In this context, *hazan et hakol* is about ensuring that the world’s food resources are shared in a fair way and not wasted. The blessing in the Grace after Meals thanks God, who is the Heavenly Distributer of food; however, we must imitate God and make it our responsibility to work on food justice.

Text Basis:

“And when you reap the harvest of your land, you shall not reap all the way to the edges of your field or gather the gleanings (*leket*) of your harvest; you shall leave them for the poor and the stranger; I the Lord am your God.” – Leviticus 23:22

Historic Jewish Role Models:

In the Book of Ruth, we learn the story of Ruth and Boaz. Ruth came to Bethlehem with her mother-in-law, Naomi. Boaz, a local farmer, allowed Ruth and others to glean in his fields. Instead of giving a hand-out, Boaz allows Ruth, a newcomer, to work with her hands to provide for herself and her mother-in-law.

Modern Jewish Role Model:

Leket Israel, Israel’s National Food Bank, provides fresh produce (not canned or packaged foods), and it helps other businesses fulfill the *mitzvah* (good deed) of avoiding food waste. Joseph Gitler, the founder and CEO of Leket, saw a problem—leftover food going to waste while there were Israelis who didn’t have enough food to eat—and fixed it. Leket now feeds more than 200,000 impoverished Israelis every week.

Local Connection:

The Mid-Atlantic Gleaning Network (MAGNET) also provides fresh produce to food banks by harvesting the last of the crops at local farms.

Scientific Research:

Hunger is a problem around the world. The US is no exception: one in six children faces hunger regularly. Drought, war, rising prices and poor land management can all contribute to this worldwide problem. Learn more at easyscienceforkids.com/all-about-food-shortage/

Setting the Example:

Whenever you practice this *mitzvah*—whether you’re buying extra food or making a meal to donate—talk to your kids about it. Tell them why. It may feel like bragging to tell your kids every time you do a *mitzvah*, but that’s okay! They should learn to be proud of these good deeds. And when you go food shopping with the family, plan your meals to limit over buying and food waste.



Framing Questions

We have found that asking questions before, during and after a social action project will help turn the “service” into “service learning.” For children, talking about an experience helps them process it and learn from it, making the service more meaningful and memorable. You may use any or all of the following questions to frame the projects that you choose. Be sure to share your answers with your children, too!



Discuss these questions before engaging in the service project:

- What do we know about the organization we are benefitting?
- What do we know about the service we will do?
- What is one thing we hope to learn?
- What is one thing we are apprehensive about?
- What Jewish values do we think we will see in action or experience today?
- What stories/examples can we pull from Jewish tradition, our lives or experiences that will help us find a meaningful and personal connection to our volunteer service?
- How should we dress and behave to be appropriate for the setting and activity?

Framing Questions:


- What happens when you get hungry?
- How do you feel when you're hungry? What things are harder for you when you are hungry or haven't eaten recently?
- Depending on your child, you may want to share the “Parable of the Long Spoon.” Here is one version: wefeedeachother.tumblr.com/activity

Hands-On Activity Instructions

There are lots of ways to practice the *mitzvah* of *Hazan et Hakol* (providing food for all). We've compiled a list of hands-on activities that you can do with your family. There are so many ways to show kindness to strangers or loved ones by making any of these DIY projects for someone who is hungry.



- ♥ Soup Kits
- ♥ Snack Bags
- ♥ Oatmeal Kits
- ♥ Find even more ideas on page 9

**AGE & SKILL SUGGESTIONS:**

- Ages 5 and up
- Involves fine motor skills and math skills

Soup Kits

INGREDIENTS & SUPPLIES FOR ONE SOUP KIT:

- 1 plastic or paper container with a secure lid
- 1/4 cup of split peas
- 1/8 cup of barley
- 1/4 cup of lentils
- 1/8 cup of dried minced onions
- 1 tsp of Italian seasoning
- 1/4 cup of chicken-style bouillon
- Soup crackers

INSTRUCTIONS:

1. Be sure to wash your hands before handling food. If giving the food to an organization (and not to a friend), use hair nets and gloves to comply with food safety requirements.

2. Measure the ingredients and layer each of them into the container.
3. Place the lid securely on top.
4. Add a label with the ingredients and cooking directions, listed below under "How to make."
5. Place a handful of soup crackers in a separate, small plastic baggie.
6. You can place the soup container, bag of crackers and a spoon in a paper bag. Decorate the bag before filling it to help brighten the day of the recipient.

How to make:

In a heat-safe container, add soup mix and 1/2 cup of hot water and let it sit for 5–6 minutes.



Snack Bags

Snack bags are a great project for kids. Since it's food they often eat, they can understand wanting to give it to someone else. If you choose to, you can allow your kids to eat one of the prepared bags after they're done. This helps them become more aware of why we take our time in preparing these.

INGREDIENTS & SUPPLIES:

- Pretzels or Goldfish
- Raisins
- Chocolate chips
- Cereal (Cheerios are best since they don't crush as easily in the snack bags)
- Resealable bags

INSTRUCTIONS:

1. Be sure to wash your hands before handling food. If giving the food to an organization (and not to a friend), use hair nets and gloves to comply with food safety requirements.
2. Mix together the pretzels/goldfish, raisins and chocolate chips in a large bowl.
3. Fill each bag with a $\frac{1}{2}$ cup of the mixture and a $\frac{1}{2}$ cup of cereal.
4. Seal each baggie so it is airtight. Getting all the air out ensures that the ingredients stay fresh longer.

Donating the Snack Bags:

Snack bags are always wanted at shelters and pantries that serve kids. Examples include Covenant House, Food for Others, National Center for Children and Families and DC Central Kitchen. See the Tips & Tricks page for contact information for these organizations.



Hands-On Activity Instructions

Oatmeal Kits

Oatmeal kits are a tasty, healthy and shelf-stable food donation for shelters, food banks and childcare centers. Below are two recipes for different oatmeal flavors. We recommend making these in small mason jars so they stay fresh.

Be sure to wash your hands before handling food. If giving the food to an organization (and not to a friend), use hair nets and gloves to comply with food safety requirements.

RECIPE OPTION #1: APPLE AND CINNAMON

Layer these in order, with the oatmeal at the bottom:

- 1/3 cup of oatmeal
- 1/4 cup freeze-dried apples
- 1/4 teaspoon of cinnamon
- 1 pinch (1/8 teaspoon) of sugar

RECIPE OPTION #2: BLUEBERRIES AND CREAM

Layer these in order, with the oatmeal at the bottom:

- 1/3 cup of oatmeal
- 1/4 cup freeze-dried blueberries
- 1 pinch (1/8 teaspoon) of powdered vanilla
- 1 pinch (1/8 teaspoon) of sugar

Each tightly closed jar can be placed inside a brown paper bag with a spoon and the heating directions, listed below under “How to cook.”

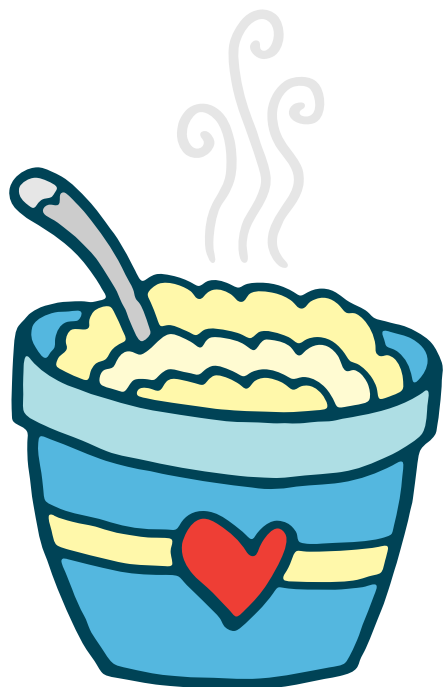
Optional: You can have your kids decorate the bag and label them with the ingredient information.

How to cook:

In this mason jar, or another heat-safe container, add the oatmeal mix and 1 cup of hot water or milk and let it sit for 5–6 minutes.

Donating the Oatmeal Cups:

The oatmeal cups can be donated to shelters and food banks such as Covenant House, Nourish Now, Food for Others, Capital Kosher Pantry and National Center for Children and Families. See the Tips & Tricks page for contact information.



Tips & Tricks

Possible Local Food Donation Recipients:

Capital Kosher Pantry

Yadyehuda.org/kosher-pantry
301-842-7135

Covenant House Youth Shelter

Covenanthouse.org
202-610-9600

DC Central Kitchen

dccentralkitchen.org

Food for Others

Foodforothers.org
703-207-9173

National Center for Children and Families

Nccf-cares.org
301-365-4480

Nourish Now

Nourishnow.org
301-330-0222

Tips:

- When working with food, please be sure to always wash your hands and wear gloves and hairnets. Your hairnet or hat should cover your hair completely (tuck long hair inside it).
- Quality with food projects is just as important as quantity. Please make sure you're watching what your kids make. You don't want to serve or donate anything you wouldn't eat yourself.
- When decorating the bags, make sure that the message is uplifting and doesn't focus on a recipient's current situation. Pictures of flowers, animals and sunny days are great options.
- Supplies for the oatmeal kits can be purchased at grocery stores, warehouse stores or online. For example, Amazon has instant oats and vanilla powder. NorthBayTrading.com has dried fruit. Target.com has small mason jars.



Post-Activity Discussion Questions

Use these questions to start a dialogue as you reflect about your service experience.

General Reflection Questions:

- Did we contribute to a greater good? How?
- How did performing this volunteer activity make us feel?
- What Jewish values did we act on or see? Were there any we did not expect?
- What surprised us today? Are there things we see/understand differently now?
- What positive elements and challenges will we remember about this service?
- If we were to continue this type of service in the future, could we make an even larger impact? Would it be with the same organization/project or with something different?

- Do we have a different perspective on our community or our responsibility to it?
- Did our service remind us of any Jewish stories from our family or heritage?

Reflection Questions Related to This Value:

- In what other ways can our family help the hungry while preserving the dignity of those in need?
- How can we make sure that the food we have does not go to waste?

TIP: Empower older children to be the reporters—they can ask the questions and lead the discussion.



Everyday Ways to Do Good

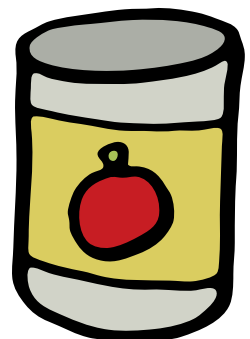
***Gemilut Hasadim* (doing deeds of loving kindness)**

Marion Wright Edelman, founder of the Children's Defense Fund, reminds us that, "Service is the rent we pay for living. It is the very purpose of life, and not something you do in your spare time." So how may we infuse our lives with service all year long? How can we connect with the inspiration of Good Deeds Day and the power of community over 365 days?

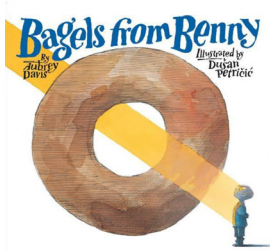
In the Jewish tradition, our lives will be meaningful and grounded if they revolve around three pillars: Torah (Jewish instruction and general learning), *Avodah* (ritual worship and personal reflection) and *Gemilut Hasadim* (doing deeds of loving kindness).

EVERYDAY OPPORTUNITIES TO DO GOOD:

1. Make it a point to use up food before it goes to waste. Freezing fruits and vegetables can be a great option—and they make excellent, healthy additions for smoothies!
2. Donate safe, nutritious food. Food banks and other food rescue programs are always accepting non-perishable foods.
3. Take your child grocery shopping and ask them to pick out items to donate to a food bank. Ask them to imagine what healthy items they would want to have at home and to pick those out for other kids.
4. Buy misshapen fruits and vegetables. They taste just as good and are just as nutritious as those with a perfect shape, but they are more likely to get thrown out.
5. Compost your food scraps. Drop them off at a local compost site or look into using scraps in your garden soil.
6. If you make a family outing to pick your own produce (e.g. apples), pick some extras and donate them to a local food bank.
7. If you have a garden, donate extra produce to a local food bank.
8. Find a local food bank at feedingamerica.org/find-your-local-foodbank
9. Sign up to deliver Meals on Wheels
10. As a family, donate *tzedakah* (collected coins for charity) each month. Your kids can make a sign to put next to the *tzedakah* box that names the charity and the Jewish value it embodies.
11. Visit Jconnect.org/DoingGood for more volunteer activities.



PJ Library and PJ Our Way Books about this Value



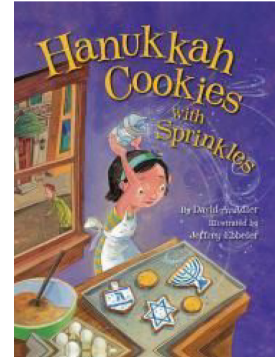
Preschool & Kindergarten Books

Bagels from Benny

By Aubrey Davis

Illustrated by Dusan Petricic

Benny helps out in his grandpa's bakery. When Grandpa explains to Benny that God, not him, should be thanked for the wonderful bagels, Benny sets out to leave God a bagful of bagels in the synagogue at the end of each week. And each week God eats the bagels—or so Benny thinks. *Bagels from Benny* explores the values of caring, sharing, helping others and finding joy in giving thanks.



Hanukkah Cookies with Sprinkles

By David A. Adler

Illustrated by Jeffrey Ebbeler

Sara recognizes that something is not quite right when a neighbor must dig through the trash to find fresh fruit to eat. This girl's innate sense of right and wrong spurs her on to become the hero of the story.



Bone Button Borscht

By Aubrey Davis

Illustrated by Dusan Petricic

In this gentle retelling of the Stone Soup tale, an imaginative beggar enters a town where the villagers resist sharing anything. Through wit and clever actions, he teaches the miserly residents the spirit of community.

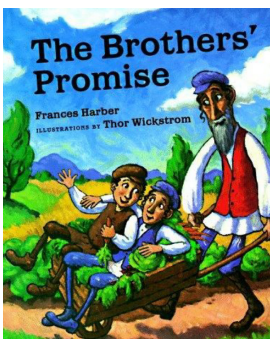
Early Elementary Books

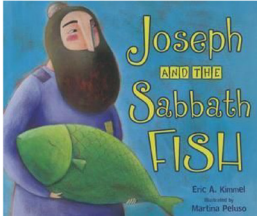
The Brothers' Promise

By Frances Harber

Illustrated by Thor Wickstrom

In this poignant retelling of a Talmudic story, a father dies and leaves his rich farm to his two sons, making them promise to share the land and always take care of each other. All goes well until there is a terrible drought. Josef worries about his brother, who has a family to feed, Yankel worries about his brother, who has no one to help him. But the brothers' love causes a miracle on the parched earth.





Joseph and the Sabbath Fish

By Eric A. Kimmel

Illustrated by James Bernardin

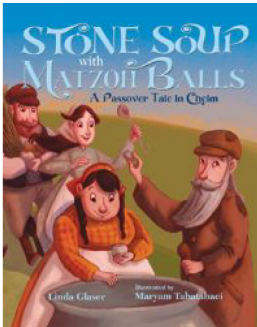
Joseph always welcomes guests to his Sabbath table, while his neighbor Judah scoffs at Joseph's generosity. Even as his fortunes decline, Joseph's door remains open. Times change, and Judah turns to Joseph for help. A very special fish helps save the day.

A Time of Angels

By Karen Hesse

This is beautiful story about a girl recovering from the great influenza epidemic of the early 1900's. She is cared for by a German man living in Vermont who gives her healing food as part of her cure and learns what it means to keep kosher in the process.

Descriptions courtesy PJ Library and PJ Our Way®.



Stone Soup with Matzoh Balls

By Linda Glaser

Illustrated by Maryam Tabatabaei

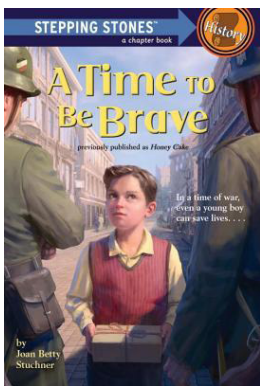
How can you make a huge pot of delicious matzoh ball soup when all you've got is a cold, hard stone? In Chelm, anything can happen—and does.

Elementary Books (Ages 9 and Up)

A Time to Be Brave

By Joan Betty Stuchner

One theme of this gentle book, set in Denmark in World War II, is the sharing of scarce food. Life is complicated and a bit dangerous, as David's family is Jewish and many of their friends and acquaintances are involved with the Resistance. Despite this worrisome background, David's attitude is positive and cheerful, and his patriotic pride shines throughout the story. When they discover that the Nazis are planning to round up Denmark's Jews, David and his family escape with the help of their Christian neighbors.





JUDAISM VALUES:

Providing Food for All *Hazan et Hakol*

In the grace after meals, we aspire to the divine goal of “*Hazan et Hakol*,” providing food for all.

“And when you reap the harvest of your land, you shall not reap all the way to the edges of your field or gather the gleanings (*leket*) of your harvest; you shall leave them for the poor and the stranger: I the Lord am your God.”

—Leviticus 23:22

In one example, Leket Israel, Israel’s National Food Bank, provides fresh produce (not canned or packaged foods), and it helps other businesses fulfill the mitzvah (good deed) of avoiding food waste. Locally, the Mid-Atlantic Gleaning Network (MAGNET) also provides fresh produce to food banks by harvesting the last of the crops at local farms.

Discussion:

By sharing some of the produce that you picked today with a local food bank, you are doing a *mitzvah*. Thank you!

In what other ways can your family help the hungry while preserving their dignity?



When inviting other families to do these projects with you, print this page as an educational hand-out for them to take home.