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December 1, 2013 • 28 Kislev 5774



Home For Dinner

Dear Home for Dinner Parents,

Welcome to Home for Dinner! Hazon is thrilled to have your family participating in Hazon's Home for Dinner program. As we see it, American family life, including American Jewish family life, has spun more and more out of control with overscheduled kids and under-connected families. Dinnertime is a time when adults and children can come together after being apart throughout the day. This project will give students in the classroom, and you -their parents- during family programs the opportunity and the tools to learn about healthy eating, the importance of family meals, and engage in shared experience of learning about contemporary food issues in the context of Jewish family life. The ultimate goal will be to strengthen the family unite and in turn, the Jewish home and Jewish life.



My name is Liz Traison, I am a program associate at Hazon and the on-staff coordinator of Home for Dinner. I am fortunate to have a supportive team in California and Colorado composed of Deborah Newbrun, Becky O'Brien, and Sarah Kornhauser, who will be working with you locally - as well as our education consultants Vicky Kelman and Amy Kassiola.

Approximately once each month, we will send you updates about the program. Please note that you have not been included on any other of Hazon's email lists. If you should have any thoughts or questions, please feel free to reach out - we would love to hear from you. We look forward to taking this journey with you!

All Best Wishes,

Liz Traison
Thought-Leadership & Capacity-Building Program Associate

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Home For Dinner Highlights

Check out these exciting Program Launches!

Congregation Rodef Shalom, CA - On Sunday, Oct. 6, 2013, 13 families who participate in the *Kol*



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HaMishpacha family school program at Congregation Rodef Sholom joined to launch a year of study based on the *Hazon "Min Ha'Aretz"* and "Home for Dinner" curricula. We welcomed 23 adults, including a visiting grandma and aunt, and 21 children to the Kick-off



event.

Congregation Nevei Kodesh, CO - We started the morning with an 'appetizer' of name tags and a graffiti wall (talking about Thanksgiving and Chanukah memories and favorite things), then broke into class circles throughout the sanctuary. Each circle had students, parents, teacher and madrich. Our parent coordinator introduced the series of programs, and the 'big idea' of the day 'hands of G-d'. K/1 teacher and Maggid Melina delivered the "hands of G-d" story. Parents and students and teachers and madrichim discussed ethical and environmental issues raised by the story in their class circles – this was parents' favorite activity. Then each group took the canned and boxed food they brought (we supplemented...) and created a Chanukah themed sculpture: one NK Building and two menorahs! After that we went downstairs and shared a meal. During the meal we taught the 'birkat hamazon' lesson.

[See More from Rodef Shalom](#)

[See More from Nevei Kodesh](#)

Tu B'Shvat Resources

Now that Thanksgiving has come and gone, it's already time to start planning for the next holiday. Tu B'Shvat is one of 4 new years in the Jewish calendar and is a celebration of the trees.



- [Download Hazon's Tu B'Shvat Family Seder](#) for families, complete with games and family friendly language. This abbreviated family seder is perfect for all ages!
- [Listen to these great songs](#) created special for Tu B'Shvat. These songs are a great way to make your Tu B'Shvat a fun experience. Using this link you can download songsheets, music, and listen to karaoke-style songs with just the guitar so kids can sing along!
- [Watch this short video from G-dcast](#), an educational media company that makes accessible and entertaining media. They also [provide a free curricula](#) to accompany the video. [Check out their website](#) for more animated shorts, feature-length films and games that introduce viewers to core Jewish texts.

[Check Out More Tu B'Shvat Resources from Hazon](#)

Tu B'Shvat Recipes

In addition to great resources, we also have great recipes

Pomegranate and Sour Cherry Mandelbrot

This recipe originally appeared on [Jew and the Carrot](#)

Adapted from Marcy Goldman's "[A Treasury of Jewish Holiday Baking: 10th Anniversary Edition](#)"



Makes 2 dozen

- 1/2 cup vegetable oil
- 1/4 cup pomegranate molasses
- 3 tablespoons honey
- 1 cup sugar, plus extra for sprinkling
- 1 teaspoon vanilla extract
- 3 eggs, lightly beaten
- 3 cups all-purpose flour
- 1 3/4 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1 cup sliced toasted almonds
- 3/4 cup dried sour cherries, plumped in warm water, then drained and dried
- 1 egg white, beaten

Heat the oven to 325 degrees. Line a baking sheet with parchment paper.

In a medium bowl, Whisk together the oil, pomegranate molasses, honey, sugar and vanilla. Whisk in the beaten whole eggs. Stir in the flour, baking powder, salt, cinnamon, walnut halves and dried cherries.

Spoon out 2 loaves of the dough about 8-by-3- or 4-inches wide. Brush the top with the egg white, then sprinkle with sugar.

Bake until the top of the dough seems firm and dry, about 25 to 35 minutes. Remove from the oven and reduce heat to 300 degrees.

Carefully slide the mandelbrot off the baking sheet and cut them crosswise into slices 3/4 inch thick. Place a wire cooling rack over the baking sheet, then arrange the mandelbrot slices on it. Bake for another 20 to 30 minutes, or until crisp and dry.

If you want to add a festive touch and capture the spirit of the almond tree, in step three consider replacing sugar with a combination of white and pink sprinkles.

[Check Out More Tu B'Shvat Recipes from Hazon](#)

Events in Your Community

Check out other Hazon events near you!

The annual [Hazon Food Conference](#):
December 29 -January 1 at Isabella Freedman
Jewish Retreat Center

Register early for the [5th annual Golden Gate Bike Ride](#) - a great way to spend Memorial Day Weekend for families.



Enjoy an evening of rich conversation in Boulder, CO with Fred Bahnson, author of *Soil*

& Sacrament: A Spiritual Memoir Of Food and Faith. On December 9 at 6:00 PM at the Impact Hub. [Learn More](#).

[Check out the Hazon Calendar for More Local Events](#)

As always, please be in touch with your questions, comments, hopes and dreams.

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We create healthier and more sustainable communities in the Jewish world and beyond.

We effect change in the world in three ways:

- **Transformative Experiences:** Our programs directly touch lives in powerful ways.
- **Thought-Leadership:** Writing, speaking, teaching, and advocacy.
- **Capacity-Building:** Supporting great people and projects in North America and Israel.