

Setting the Table: Healthy and Sustainable Cooking for Expectant Jewish Families

Session One – Meals for Community & Family

Hazon Food Programs

Goals of the Session:

Families will learn how to cook delicious, healthy and seasonal meals, and to engage and wrestle with Jewish tradition, to understand how we want to make food choices for our family. Ultimately, we want people to see Jewish tradition as inextricably connected to food choices.

Suggested Timeline – Total 2 hrs (120 min)

Arrival/Registration – 15 min
Welcome & Introductions – 20 min
Cooking – 85 min
Eating/Discussion – 30 min
Cleanup/Wrap up – 10 min

Program Outline

Arrival/Registration

Participants will arrive to the program location and sign in. As participants arrive, have them nametag making supplies available and any other registration materials. Participants will be given the opportunity to schmooze and meet each other as they trickle in. Setup around the room will be crudité platters and other noshes, and also something delicious that they can drink

Welcome & Introductions

Opening Circle – Each participant, in turn, will introduce themselves, what they do, their live due date, and they will briefly explain one food that you are enjoying eating now.

Cooking

Try Curried Red Lentil Soup, Goat Cheese Pie, or Raw Kale salad with this lesson

Eating/Discussion

Framing - Now that we have prepared a delicious meal, it is time for us to sit down and eat together. One of the main goals for this program, along with learning how to cook these delicious, healthy and seasonal meals, is to engage and wrestle with Jewish tradition, to understand how we want to make food choices for our family.

Jewish tradition reveres study above most anything else, so it is not surprising that we are taught that our dinner tables should be a center of Jewish learning. We are taught that sharing “words of Torah” at our tables, is one of the most important things that we can do. When Moses, Aaron and his sons received the 10 Commandments on Mount Sinai (the first sharing of words of Torah), they sat down to a meal!

Discussion Questions for “The Raddish Eater”

What is this story trying to teach us?

How are our children like the man eating the radish?

How are we as adults like the hasidim at the table?

How are we as adults like the zaddik?

What responsibilities do we have when we are creating a communal table?

What can we do to make sure our family tables model these values, even while our children are still newborns?

Cleanup/Wrapup – 10 min

Closing circle – What is one thing that you appreciated about this evening’s session, and/or what is one thing that you are looking forward to doing because of it?