

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

Session Four – Bringing it Home

Hazon Food Programs

Goals of the Session:

To feel comfortable discussing how to create a solid foundation to raise a family. In this last session, participants will discuss how all of the ideas and themes that they have explored come together at the Shabbat dinner table, and they will make personal/family commitments towards creating meaningful food rituals.

Suggested Timeline – Total 2.5 hrs (180 min)

Arrival/Registration – 5 min
Opening Circle – 10 min
Cooking – 105 min
Eating/Discussion – 30 min
Cleanup/Wrapup – 15 min

Program Outline

Arrival/Registration

Opening Circle - Each participant, in turn, will introduce themselves, and they will briefly speak about their favorite way to take a break and relax from their everyday routines.

Cooking

Try Beet and Barley Risotto with Goat Cheese, Quinoa, Winter Squash and Sage Risotto, and Seasonal Slaw with this lesson

Discussion/Eating

Framing - Over the last four weeks, we have gathered together around this table to think about, explore, and discuss our values about feeding our family. We have thought about the role of the table in Jewish tradition, we have discussed the relationships built around the family table, and we have considered how we stop and appreciate both our food and our family. Tonight, we are going to bring it all home. Shabbat is an important time in the world of the Jewish family. It is a time to pause and reflect, to take stock on your week and to look forward to the next.

Cleanup/Wrapup

Extended Closing circle – Each person chooses one thought from their commitment sheet that they would like to share with the group, and or something that they have appreciated about the series.