



CRS
CATHOLIC RELIEF SERVICES

JUST FOOD

FOODFAST

FAMILY FOODFAST

CATHOLIC RELIEF SERVICES
FOODFAST

The content for the CRS FoodFast
was developed in partnership with the




The Center for Ministry Development is an organization which promotes the development of ministry and catechesis with youth and families through leadership formation, service learning, and resources rooted in Catholic tradition and Scripture. For more information, go to: cmdnet.org.

FAMILY FOOD FAST INTRODUCTION AND SAMPLE SCHEDULE

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While all of the activities are opportunities for social media posts, the single-asterisked (*) sessions are key to telling the FoodFast story.

Look for this symbol: , for weaving in reminders about the use of social media for the common good!

If you want to extend the time designated for your FoodFast, additional resources can be found on the CRS FoodFast website (<http://foodfast.org>) and CRS Education (<http://education.crs.org>).

FAMILY FOOD FAST

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Is it just food or is it JUST food? The CRS Family FoodFast focuses on the relationship between our Catholic faith and the way we think about and use food. Participants will explore what it means to have a just or “right” relationship with food. Through experience, prayer, art, social media and discussion, young people will discover the effect their own food practices have on the millions of people who go to bed hungry every night. They will discover how Catholic Relief Services supports people who are hungry in acquiring food and gaining long-term food security. Central to this exploration of faith and justice, participants will be challenged as disciples of Jesus to discover their roles in eliminating hunger across the globe.

Catholic Relief Services is proud to announce a partnership with the Center for Ministry Development, which developed the content for the CRS FoodFast programs.

CRS FAMILY FOODFAST SUGGESTED SCHEDULE

This event creates a perfect opportunity to offer after a Saturday vigil mass, inviting families to skip their evening meal and gather for a look at hunger in the world! Determine in advance arrival times for planning team and participants.

- 6:00 p.m. Opening Icebreaker: Welcome/Name-tag Mingling
- 6:15 p.m. Activity: Right Relationship with Food *
- 7:10 p.m. BREAK
- 7:20 p.m. Melodrama: The Science Fair, An Easy A*
- 8:00 p.m. Meditation: Mindful Eating
- 8:10 p.m. Activity: Changing Our Relationship with Food
- 8:40 p.m. Simple Blessing/Close
- 9:00 p.m. Break the Fast

SPECIAL NOTES

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FAMILY FOOD FAST

SPECIAL NOTES TO ASSIST YOU IN YOUR PLANNING:

While all of the activities are opportunities for social media posts, the single- asterisk (*) sessions in the schedule are key to telling your FoodFast story. Look for the symbol to the left for weaving in reminders about the use of social media for telling your story! We encourage you to share pictures or videos through your parish community social media, Catholic Relief Services social media sites, and Catholic Relief Services FoodFast. The CRS home page (<http://crs.org>), CRS Social Networks summary (<http://www.crs.org/act/social-networks/>) and CRS FoodFast (<http://foodfast.org>) provide links to all CRS social media sites! Telling your FoodFast story is actually sharing the good news of young people today and using social media to foster the common good!

1 Make sure you have downloaded two important guides:

- The **CRS FoodFast Coordinator's Guide** provides all the guidance you need for advance planning.
- The **CRS FoodFast Manual** that matches your chosen schedule. In the manual, you will find the **Advance Planning Checklist** and a **Supplies & Materials Checklist** providing a summary of your advance set-up instructions and the list of supplies for your FoodFast. Instructions for Set up/Materials are also listed with each activity and prayer, but this extra summary provides a simple checklist for your advance purchasing and organization.
- Consider downloading the 24-hour module as it contains all activities developed for the theme, JUST Food. Other activities not listed in this module can serve as a replacement or complementary activity for this 3-hour version of CRS FoodFast.

2 If you want to extend the time designated for your FoodFast or substitute any activity with others, look for additional resources on the CRS Education website (<http://education.crs.org>) and the CRS FoodFast website (<http://foodfast.org>).

ADVANCE PREPARATION

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WATCH FOR SOCIAL MEDIA SYMBOLS THAT MARK THE KEY POINTS IN THE FOODFAST WHEN POSTING WOULD BE MOST EFFECTIVE.

FAMILY FOOD FAST

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ADVANCE PLANNING CHECKLIST

Review the Coordinator's Guide for a helpful timeline. This simple guide summarizes the most important elements to complete a successful FoodFast!

- Order your complementary CRS FoodFast materials well in advance of your FoodFast. These include a posterpack, One Human Family, Food for All prayer cards, and commissioning crosses for adult volunteers and participants ahead of time. In 2015-16, all CRS FoodFast orders will include a complementary hand-carved bowl from Indonesia for you to keep as a gift of our appreciation for your support of CRS.
- Create your marketing plan for inviting youth to participate in the CRS FoodFast. Consider using Instagram and starting a Facebook page to spread the word.
- Follow the safe-environment policies of your local (arch)diocese concerning youth permission slips, adult volunteers, and sleeping arrangements. A sample permission slip is provided in the **Coordinator's Manual**.
- Make sure you have internet access for multimedia and social network. If this is not available, download all multimedia prior to your FoodFast.
- Set up a projector and screen for the PowerPoint presentations.
- Create a plan for using social media to track the FoodFast experience. Include the following in your plan:
 - Decide who will tweet messages and post videos throughout the FoodFast. If desired, create a schedule and have participants sign up for tweets and videos at different times.
 - Do the same with Instagram, Pinterest and/or Vine.
 - Decide whether to set up a Facebook page or use an existing one to post pictures and impressions. Delegate particular participants and/or adult leaders to post periodically during the fast.
 - NOTE: Watch for social media symbols that mark the key points in the FoodFast when posting would be most effective.

ADVANCE PREPARATION

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WATCH FOR SOCIAL MEDIA SYMBOLS THAT MARK THE KEY POINTS IN THE FOODFAST WHEN POSTING WOULD BE MOST EFFECTIVE.

FAMILY FOOD FAST

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SUPPLIES & MATERIALS CHECKLIST:

Each activity and prayer in the CRS FoodFast manual lists the materials that are needed for that specific activity or prayer. Be sure to consult that list and organize your materials in advance by session. This simple list simply summarizes everything you need for a successful FoodFast!

- CRS FoodFast Poster Pack for décor and inspiration
- Copies of the ***Justice and Solidarity Quotes and Scripture Passages*** (in the CRS Coordinator's Guide) for participant use for social media or in sessions and activities in which they plan a presentation
- Copies of all Handouts and Resource Sheets
- Free resources available through the CRS FoodFast website (commissioning crosses, posters, and prayer cards)
- Chairs
- Tables
- Several bibles
- Music (suggestions are made on both the website and in modules, but feel free to include your own selections)
- Music Player
- Speakers
- LCD Projector and computer for presentations
- Screen
- Depending on size of teams, have on hand a number of fair trade crafts to give as prizes for quizzes
- Access to the internet and to social media
- Decorations (e.g., pictures, plants, cloths, maps)
- Assorted Colored Markers
- Sharpies or thin markers, one per participant
- Large blank name tags for participants
- Pen or pencil for each participant
- Large newsprint or poster-size paper
- Melodrama** supplies:
 - Select in advance someone to be the narrator. Also, select someone to play the character of Josh. Choose individuals who can read expressively and dramatically. Give them a copy of the script in advance of the FoodFast. (As participants arrive for the FoodFast, ask for volunteers. Let them know they will not have to say anything. Tell them what a melodrama is. They should be ready to enter the melodrama when they hear their character announced, and should wear or carry their prop and their name badge.)
 - Materials to set the scene for the melodrama: imitation classroom, with a desk and a couple of chairs and whiteboard.

ADVANCE PREPARATION

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WATCH FOR SOCIAL MEDIA SYMBOLS THAT MARK THE KEY POINTS IN THE FOODFAST WHEN POSTING WOULD BE MOST EFFECTIVE.

FAMILY FOOD FAST

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- **Prop Master Cue Cards:** Use the list below to make the prop master cue cards on medium-sized poster board. Simply write with thick marker each listed phrase or word on a separate poster board.
 - “EASY A”
 - “IT’S GETTING COMPLICATED!”
 - “I THINK I GET IT!”
 - “SIGH!”
 - SCIENCE CLASS
 - HOME
 - FARM
 - FOOD PROCESSING PLANT
 - FOOD PACKAGING AND SALES COMPANY
 - WALL STREET OFFICE IN IOWA
 - GROCERY STORE
 - TACO PLACE
 - GRANDMA’S HOUSE
 - SCIENCE FAIR
 - **Characters and Props:** Make name cards for each character. Make them somewhat larger than usual so they can be read by the audience. Gather in advance the props listed below and distribute them to the individuals playing the characters during the melodrama.
 - Narrator: script and microphone
 - Prop master: signs to hold up every time key words are spoken
 - Josh Keller: letter jacket or sports jersey
 - Mr. Martinez, science teacher: cardigan sweater or lab coat
 - Mr. Weber, farmer: overalls
 - Marco, seed company representative: clipboard
 - Ms. Nguyen, food processing company director: briefcase
 - Jim, food packaging manager: stack of Styrofoam containers
 - John Smith, Smith and Sons food sales representative: tablet, file folders
 - Mr. Mousavi, Mousavi Chemical Company: telephone
 - Mr. Jones, Wall Street price controller: money bag
 - Mr. Wallace, grocery store owner: apron
 - Sarah, grocery store cashier: vest
 - Pedram, consumer: purse and reusable grocery bag
 - Mr. Melendez, Taco Place owner: towel and bottle of water
 - Mrs. Keller, Josh’s mom: sweater
 - Grandma Keller, canning and freezing wizard: gray wig
 - Print enough copies of the Handout, ***One Human Family, Food for All*** campaign prayer for each participant or order prayer cards through the CRS FoodFast website
- Two baskets with bread from different cultures/countries.
 - Any food and meal supplies needed for a simple meal to break the fast (ideas to break the fast are provided in this session)
 - An orange for each participant
 - Paper towels
 - Soft meditative music queued up on an iPod or other device
 - Compost bin or recycling bag

ADVANCE PREPARATION

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WATCH FOR SOCIAL MEDIA
SYMBOLS THAT MARK
THE KEY POINTS IN THE FOODFAST WHEN
POSTING WOULD BE MOST EFFECTIVE.

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FAMILY FOOD FAST

FOR SOCIAL MEDIA:

- Cameras/phones with cameras (these can be provided by participants)

PRAYER AREA SET UP:

- a bible
- a colorful multi-cultural cloth
- a candle
- a planter pot of herbs
- a basket of bread
- a cross
- a bowl filled with grain
- other items of the planning team's choosing

We encourage you to provide journals or make your own.

- Search online for ideas about how to make journals out of recycled items. Consider gluing the handouts in the journal before your FoodFast.

6:00 P.M.
OPENING ICEBREAKER
WELCOME / NAME-TAG
MINGLING

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9 FAMILY FOOD FAST

OBJECTIVES:

- Help participants feel relaxed and ready to go
- Invite participants to mix with other people
- Begin focusing on the theme of food

SET-UP/MATERIALS:

- Large blank name tags for participants
- Sharpies or pens, one per participant

PROCESS:

- 1 Welcome participants by saying something similar to the following:

Welcome to a CRS Family FoodFast, brought to you by Catholic Relief Services and [your local parish or high school]. Catholic Relief Services, also known as CRS, represents you as it serves our sisters and brothers living in poverty and living with hunger in over 100 different countries around the world. Through this Family FoodFast, CRS invites you to explore the reality of hunger. The theme for this year focuses on understanding our relationship with food. More on that later!

We are inspired by your willingness to give up food for this evening, to learn more about the work CRS does on our behalf for people who live in poverty around the world, and to engage in the experiences which are to come.

We invite you to participate with abandon—no holding back—in the various activities we'll be participating during our time together! First, let's get to know each other a little better.

- 2 Pass out the blank name tags and pens. Instruct participants to create a name tag that has their name at the top (in large writing but with enough room for two lists below their name). Then instruct participants to write just below their names three things they would enjoy doing in the future and below that, three things they would not enjoy doing. At least one thing on each list has to be about food. Here's a simple example:

Marcos: Would Enjoy: Travel to Rwanda, Photography, Making brick-oven Pizza
Would NOT Enjoy: Scuba Diving, Mud Wrestling, Eating Calamari

- 3 Give them time to complete their name tags. It's helpful if all adult volunteers wear a name tag too. When name tags are completed, invite everyone to mill around and share each other's preferences.
- 4 After 5-7 minutes, call "time," and invite participants to prepare for opening prayer.
- 5 Once participants are ready, continue with the following prayer:

We gather in the name of the Father and of the Son, and of the Holy Spirit. Amen.

Lord, we have come together for this Family FoodFast. We have set aside this time together to think about food, justice, the hungry, the poor and how each of us can make a difference. We know that all creation is a gift from you: our lives, the earth, all we eat and enjoy. May this time together help us focus on your generosity and our responsibility to protect and care for the earth, and one another. Open our eyes, our hearts and our minds to all you want for us. Help us to better understand what being a disciple of Jesus is all about. May this time be fun, challenging, surprising and interesting, and may it empower us to do impossible, amazing things! We ask this all in the name of the Father and of the Son and of the Holy Spirit. Amen.

6:15 P.M. RIGHT RELATIONSHIP WITH FOOD

ACTIVITY

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THIS IS A GREAT
OPPORTUNITY FOR SOCIAL MEDIA!

FAMILY FOOD FAST

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OBJECTIVES:

- To help participants focus on the role food plays in their lives
- To help them identify the effects of having a wrong relationship with food
- To introduce participants to the concept of a “right relationship” with food

SET UP/MATERIALS NEEDED:

- PowerPoint
- Handout, one per small group
- Worksheets (one copy of each, 2 if you have 70 or more participants)
- Large poster-size paper and assorted colored markers
- Painter’s tape
- Cameras/phones with cameras (these can be provided by participants)

PROCESS:

- 1 Begin by introducing the idea of a fast from food and a “right” relationship with food with the following.

We have just entered into our fast. During our time together, we are not going to eat any food. This will be done as an act of self-sacrifice to stand in solidarity with those who won’t be eating today—not because they chose this like you and I did—but because they have no food to eat. We are also fasting to raise money on behalf of the hungry. And, finally, we are entering this fast to learn how we can better feed, and be food for, a hungry world.

So, what does it mean to have a right relationship with food? Let’s continue to reflect on that relationship! Since it’s probably not something you spend a lot of time pondering, I invite you to do so now.

- 2 Explain that you are going to give participants several statements, and they are to place themselves on a continuum based on their degree of agreement or disagreement with the statement. Give them an easy example, like “I really enjoy eating Brussel sprouts.” Tell them if they strongly agree with that statement, they should move to the far left of the room. If they intensely dislike Brussel sprouts, they should move to the far right. If they could take them or leave them, the middle of the room is where they go. After asking if they have any questions, invite participants to stand and begin.

The first statement is: “I don’t think about food much. I mostly just eat to stay alive.”

If you strongly agree with this statement, move to the left. If you disagree, move to the right. If you really don’t know, go to the middle.

Allow time for movement, and then invite participants to share with someone near them why they are standing where they are. After they share, call on one or two people from different parts of the room to share with the entire community why they stood where they did. Then continue.

The second statement is: “I pay attention to where my food comes from, where it is grown or produced.”

Repeat the process of participants moving and sharing with one other person, before inviting a couple of people to share with the large group. Then give the third statement:

The third statement is: “I really savor my food, paying attention to the flavors and the texture and even the look of my food.”

RIGHT RELATIONSHIP WITH FOOD

ACTIVITY

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THIS IS A GREAT
OPPORTUNITY FOR SOCIAL MEDIA!

FAMILY FOOD FAST

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Repeat the process, and then continue.

The fourth statement is: "I make food choices based on health more than anything else."

Repeat the process, then continue:

The fifth statement is: I think about how my food gets to my table and all the people involved in bringing it there: the farmers, people who clean, make and/or package food, the shippers and suppliers, the workers at the markets and grocery stores."

Repeat the process, then continue:

The last statement is: "What I eat has moral consequences."

Repeat the process, then invite participants to be seated. Continue, using the PowerPoint to highlight Church teaching.

- Slide #1:** We hope this has you thinking about food in a new way. We don't usually think about food from a faith perspective.
- Slide #2:** Perhaps that is why about 3 million children die of hunger every year
- Slide #3:** and over 800 million people will go to bed hungry tonight. Of course, most of those people—98% in fact—live in developing countries, but that statistic means that there are hungry people in our own communities who often go ignored. In developing countries, many producers of food—sometimes the food they helped to bring to our tables—ironically go hungry. It is typically the farmer, the producer, who is paid the least and who risks getting an unfair wage.
- Slide #4:** When we just think about filling our stomachs, we don't pay attention to these other realities... the reality that many helped to bring our food to us, the realities that perpetuate hunger. When we are just filling our stomachs, it's just food. Sure it may taste good, but we slip into a mindset in which it is just food.
- The fact is that what we eat is never just food. Sure there are chemical additives that might make it something more than food... and we'll talk about that. But tonight, we also want to talk about JUST food!
- Have you ever thought about a right relationship with food? Justice is all about being in right relationship. When we think about JUST food, we being to recognize a bigger story about the food we eat.
- Slide #5:** In the Gospel, Jesus calls us to assist those most in need and to reach out to the most vulnerable members of society.
- Slide #6:** One of the most basic principles of our Catholic social teaching is the **Option for the Poor and Vulnerable**. It reminds us that as Catholics we have a responsibility to ensure that every person has access to food. It is a basic human right.
- Slide #7:** The Catholic bishops of the United States reiterated this point in a letter they wrote to Congress in 2013. In this letter, they stated:
- "Food is a basic need and a fundamental human right; yet one in nine people around the world go hungry every day, even in our own country. This is an injustice that we can and must help to change."

RIGHT RELATIONSHIP WITH FOOD

ACTIVITY

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FAMILY FOOD FAST

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- 3** Pass out the handout *Living Justly Includes Having a Right Relationship With Food*, then continue.

Slide #8: Catholic Relief Services, the official international humanitarian agency of the U.S. Catholic Church and the sponsor of our FoodFast, knows something about hunger. CRS represents all of us through its work of serving the poor in over 100 countries around the world.

Slide #9: A core objective for CRS is to contribute to solutions that end hunger. Through school feeding, agricultural, environmental improvement programs, and the like, CRS tries to increase food security for people living in poverty—in other words, making sure people have access to enough food to sustain themselves and their families.

Slide #10: The Catholic Church believes that how and where we purchase food, how we relate to food—our eating habits—and how we support those who have no food are actions that have moral consequences.

Slide #11: With an understanding of Catholic Social Teaching, CRS talks about the need for us to have a “right relationship with food,” which is a term we probably don’t use. But CRS points out that if justice is being in right relationship—with God, each other, the global community and the environment—then justice certainly has to include a right relationship with food. But what does that mean? What do you think that means? (*invite answers*)

We are called to be in right relationship with what we eat in the following ways:

Slide #12: Eating to live, not living to eat

Slide #13: Paying attention to where our food comes from and who brings it to our table

Slide #14: Looking at how much food we buy, eat and throw away, and how that affects us—and others.

Slide #15: Looking at the connection between our eating habits and how they affect the environment (caring for God’s creation)

Slide #16: Looking at the healthiness of our food—both quality and quantity—and what it does to make our bodies energetic and healthy

Slide #17: Exploring the relationship between what and how we eat, and what and how people who are hungry eat

Slide #18: Eating mindfully, paying attention to the God-given gift that natural food is and appreciating it

Pope Francis challenges the throw-away culture of consumerism and invites us to be good stewards of all God’s creation. That means good stewards of ourselves, each other and the environment. It would also mean of the food we grow and how we make that available so that no one goes hungry.

OK, we’ve just thrown a lot of words at you. Let’s make this real—for you and your peers. First of all, let’s break up into 7 small groups (14 if the community is really large).

- 4** Invite each group to think of commercials or ads about food, ones that clearly have consumers in a WRONG relationship with food. Give an example (e.g., Skittles, “Taste a rainbow” or Lay’s potato chips, “You can’t eat just one,” Coca Cola, “Open happiness!”).

RIGHT RELATIONSHIP WITH FOOD

ACTIVITY

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THIS IS A GREAT OPPORTUNITY FOR SOCIAL MEDIA!

FAMILY FOOD FAST

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- 5 Invite groups to share aloud with everyone 1 or 2 of the commercials and messages they think encourages a wrong relationship with food. Once some examples have been given, continue with the following:

Now let's look at RIGHT relationships with food. Each group will be working with one of the ways we can have a "right" relationship with food. Your challenge is to create a visual representation of what it means to live in right relationship with food. The visual can be art on a poster—and the supplies are right here (point to the supply table)—which you will then take a picture of. Or your visual can be a human portrait of yourselves in poses that demonstrate a right relationship with food. In either case, we will post all of our pictures on Instagram when they are finished. Okay, let's get started.

- 6 Distribute the **Right Relationship With Food** handout. Ask for questions. Let them know they only have a short time to create a picture of a family living out a right relationship with food. Give them about 10 minutes to create their picture.
- 7 Invite each group to share its work and post it—on a wall or on Instagram and Facebook. Give participants a few minutes to browse the pictures.
- 8 Then wrap up with the following.

Commercials and ads can work both for and against healthy eating; you've just demonstrated that by creating ads that could encourage us to think more carefully about food. How do commercials and advertising encourage a wrong relationship with food? (Invite answers from the whole group.)

Reflect back answers. Be sure to explore ideas that relate to the following:

- Commercials encourage an over-reliance on processed and unnatural foods which often offer little nutritional value
- Commercials encourage overconsumption which can lead to waste
- Commercials can foster a sense of entitlement without really helping us to understand food as a basic right of all.
- Related to the previous point, ads can create a demand for food that then has to be shipped from other parts of the world. This increases the carbon footprint of food.
- Advertising can mislead us into believing that food is easily accessible for all. We then simplify or fail to understand the challenges of getting food.

Sadly, this wrong relationship with food contributes to hunger around the world because we often fail to see the bigger picture of nutrition, food distribution, and food security. How many know that there is enough food in the world to feed everyone? And yet, so many live with hunger every day. If we were more mindful of our connectedness with each other, with the Earth, and, yes, even with our food, perhaps we would recognize better how our choices play a role in ending or contributing to hunger.

You have just begun exploring what it means to have a right relationship with food. It is one that takes into account the hungry as well as those of us who have enough to eat. It is one that values food as a source of health and life, but not as our best friend. It's a relationship that recognizes that there are many people whose work and efforts contribute to bringing food to our tables. It is acknowledging that many people who work hard to grow, produce or package our food are among the millions who go to bed hungry. It is advocating—as our Church does—that our brothers and sisters around the world deserve fair wages for their work, fair prices for the food they grow, and access to enough nutritious food to feed their families.

Isn't it inspiring to know the Catholic Church stands for the most vulnerable—the hungry and poor—in our world? You are part of that!

As we continue on our FoodFast journey, let's keep reflecting on our individual relationship with food, and ask ourselves: "Do I have a right relationship with food?"

LIVING JUSTLY INCLUDES HAVING A RIGHT RELATIONSHIP WITH FOOD

HANDOUT

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Having a “right” relationship with food has several dimensions. Reflect on the following questions.

- Do I eat to live, or live to eat? Is food too important in my life? Is it important enough?
- Do I pay enough attention to where my food comes from and who brings it to the table? Do I know if workers in the food industry around the world receive a just wage for their labors?
- Do I look at how much food my family buys, how much we eat and how much we throw away? Do I think about how that affects us—and how it affects others? (Others might include farmers/growers, those who transport food, grocers, those who will go to bed hungry tonight, etc.)
- Do I consider the connection between my eating habits and the effect my habits might have on the environment? Am I caring for God’s creation when I make choices about what and how much to eat?
- Do I take the time to check out the healthiness of the food I eat—both quality and quantity—and what it does to make my body more or less energetic and healthy?
- Do I explore the relationship between what and how I eat, and what and how people who are hungry eat?
- Do I eat mindfully, paying attention to the God-given gift that natural food is and appreciating its texture, color, flavor and healthiness?

LIVING JUSTLY INCLUDES HAVING A RIGHT RELATIONSHIP WITH FOOD

HANDOUT

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RIGHT RELATIONSHIP WITH FOOD

Focus on expressing what it looks like to be a family in right relationship with food by eating to live, not living to eat. Draw a picture or take a photograph of a person or a group of people demonstrating this value.

RIGHT RELATIONSHIP WITH FOOD

Focus on expressing what it looks like to be a family in right relationship with food by paying attention to where our food comes from and who brings it to our table. Draw a picture or take a photograph of a person or a group of people demonstrating this value.

RIGHT RELATIONSHIP WITH FOOD

Focus on expressing what it looks like to be a family in right relationship with food by looking at how much food you buy, eat and throw away. Think about how that affects you, and how it affects others. Draw a picture or take a photograph of a person or a group of people demonstrating this value.

RIGHT RELATIONSHIP WITH FOOD

Focus on expressing what it looks like to be a family in right relationship with food by making the connection between your eating habits and how they affect the environment (caring for God's creation). Draw a picture or take a photograph of a person or a group of people demonstrating this value.

RIGHT RELATIONSHIP WITH FOOD

Focus on expressing what it looks like to be a family in right relationship with food by looking at the healthiness of your food—both quality and quantity—and what it does to make your bodies energetic and healthy. Draw a picture or take a photograph of a person or a group of people demonstrating this value.

RIGHT RELATIONSHIP WITH FOOD

Focus on expressing what it looks like to be a family in right relationship with food by considering the relationship between what and how you eat, and what and how people who are hungry eat. Draw a picture or take a photograph of a person or a group of people demonstrating this value.

RIGHT RELATIONSHIP WITH FOOD

Focus on expressing what it looks like to be a family in right relationship with food by eating mindfully, paying attention to the God-given gift that natural food is, and appreciating the flavor, texture and color of your food. Draw a picture or take a photograph of a person or a group of people demonstrating this value.

7:10 P.M.
BREAK

7:20 P.M.
MELODRAMA:
THE SCIENCE FAIR,
AN EASY A

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FAMILY FOOD FAST

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In a melodrama, only the narrator speaks. The characters follow along and do what the narrator says. The characters in this melodrama will wear a sign identifying who they are. The audience will participate when the prop master holds up signs telling them to say something together. At the end, the main character will summarize the story.

OBJECTIVES:

- To provide a lighthearted way for participants to trace the path from farm to table
- To help them recognize the complexity involved in feeding people
- To open their eyes to potential injustices when it comes to food distribution

SET UP/MATERIALS NEEDED:

- Select in advance someone to be the narrator. Also, select someone to play the character of Josh. Choose individuals who can read expressively and dramatically. Give them a copy of the script in advance of the FoodFast.
- As participants arrive for the FoodFast, ask for volunteers. Let them know they will not have to say anything. Tell them what a melodrama is. They should be ready to enter the melodrama when they hear their character announced, and should wear or carry their prop and their name badge.
- See the list below to make the prop master cue cards on medium-sized poster board. Simply write with thick marker each listed phrase or word on a separate poster board.
- Make name cards for each character. Make them somewhat larger than usual so they can be read by the audience.
- Gather in advance the props listed below under *Characters and Props* and distribute them to the individuals playing the characters.
- The opening scene could be set up like a classroom, with a desk and a couple of chairs and whiteboard.

PROP MASTER CUE CARDS

“EASY A”

“IT’S GETTING COMPLICATED!”

“I THINK I GET IT!”

“SIGH!”

SCIENCE CLASS

HOME

FARM

FOOD PROCESSING PLANT

FOOD PACKAGING AND SALES COMPANY

WALL STREET OFFICE IN IOWA

GROCERY STORE

TACO PLACE

GRANDMA’S HOUSE

SCIENCE FAIR

MELODRAMA: THE SCIENCE FAIR, AN EASY A

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CHARACTERS AND PROPS

- Narrator: script and microphone
- Prop master: signs to hold up every time key words are spoken
- Josh Keller: letter jacket or sports jersey
- Mr. Martinez, science teacher: cardigan sweater or lab coat
- Mr. Weber, farmer: overalls
- Marco, seed company representative: clipboard
- Ms. Nguyen, food processing company director: briefcase
- Jim, food packaging manager: stack of Styrofoam containers
- John Smith, Smith and Sons food sales representative: tablet, file folders
- Mr. Mousavi, Mousavi Chemical Company: telephone
- Mr. Jones, Wall Street price controller: money bag
- Mr. Wallace, grocery store owner: apron
- Sarah, grocery store cashier: vest
- Pedram, consumer: purse and reusable grocery bag
- Mr. Melendez, Taco Place owner: towel and bottle of water
- Mrs. Keller, Josh's mom: sweater
- Grandma Keller, canning and freezing wizard: gray wig

PROCESS:

- 1** When it is time for the melodrama, be sure to have all the characters in front of the group—or, if there is room, off to the side. Tell them not to appear until their character is mentioned. Once their part is over, they should return to their seat.
- 2** Quiet the audience and set the stage for the drama to begin. Instruct them to call out whatever is on the signs that the prop master will be holding up throughout the melodrama. Have the prop master practice with the audience with one or two of the signs.
- 3** After the melodrama is presented, ask the following questions for debriefing the melodrama.
 - The whole food process was not always clear in this melodrama. What do you think that says about how our food is grown, produced and distributed? What factors make this so complicated?
 - If the priority of consumers is that food is first and foremost inexpensive and easy to obtain, how might that affect how food is grown, produced and made available?
 - Whose responsibility do you think it is to inform us about what is in our food and where our food came from? Is it our responsibility to find out, the producer's responsibility to make it more clear, or both? Why do you think so?
 - If it is our responsibility to inform ourselves, what do you think we need in order to be better informed? Not all of us can do what Josh did; so, how can we become better informed?
 - What are your thoughts about the grandmother's insights? How realistic is this in our often-busy lives? How can we make it more realistic?
 - Are there any other insights or conclusions from this melodrama? What do you think this says about this idea of a right relationship with food?

MELODRAMA: THE SCIENCE FAIR, AN EASY A

HANDOUT

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Narrator reads until the closing presentation by Josh

A ninth grader named Josh picks a science project that he thinks will be an easy A. He just has to trace what it takes to get food from the farm to the table. He figures this one is simple. He finds out quickly that it's a complicated affair and it takes a lot longer than expected. In the process, Josh has an epiphany regarding his relationship with food.

It is 3 o'clock on Friday afternoon, and Josh is in ninth grade science class. *(the prop master holds up the sign that reads "SCIENCE CLASS")* His teacher Mr. Marshall is holding the science fair topic jar. Mr. Marshall calls Josh to the front of the class and says, "Put your hand in the jar and pick a topic for the science fair!" Josh hesitates. He saw what his classmates got: Quantum Physics; Foe or Friend, The Periodic Table; It's Elementary, String Theory according to Dr. Sheldon Cooper. If the previous topics are anywhere close to that, he will not get what he really wants: an Easy A topic. He puts his hand in the jar and pulls out a piece of paper... From Farm to Table: The Journey of Food. "Yes!" he exclaims. "It's *(the prop master holds up the sign)* "an Easy A."

Josh walks home from school, deciding to start on the project right away so he can finish tonight and have the weekend to do whatever he wants! He smiles devilishly as he thinks *(the prop master holds up the sign)* "An easy A."

He passes Wallace's grocery store *(the prop master holds up the sign that reads, "GROCERY STORE")* on his way home, so he stops there to ask a few questions like, "Is this the beginning of the journey of food?" Josh walks into the store and sees Mr. Wallace. Mr. Wallace says hello and shakes his hand. Josh tells him about his project and asks if this is the place to start. Mr. Wallace laughs out loud. It's the kind of laugh that fills the entire room. When he finishes, he says, "You can't start here, Josh. I am close to the end of the journey of your food. Just take a look around—things are all packaged up and ready to sell. Even the fresh things have traveled a long distance to get here. The apples you see aren't from the orchard down the road, or the milk, or butter or bread. They come from wherever my supplier chooses to buy the apples. You'd be better off starting at the farm. Sarah, the grocery store cashier, smiles at Josh and says she hopes he gets *(the prop master holds up the sign)* AN EASY A.

Josh begins pumping his fist, relishing the idea of *(the prop master holds up the sign)* AN EASY A. His next stop is Mr. Weber's farm. Mr. Weber just happens to be a friend of the family.

When Josh gets home, *(the prop master holds up the sign that reads, "HOME")* he yells for his mom: "Mom! Can you drive me to the Weber's farm? I have a project to do."

Josh's mom comes up from the basement with books in her hand, brushing dust off her arms and legs. She says, "Yes, Josh, I can take you to the Weber's, but why? You have always complained about how it smells like cows and chickens. Actually, I was worried that you never really got over the corn maze you got lost in last summer!"

"Mom, I didn't get lost, I just got turned around," Josh says. Mom laughs and says, "Tell that to the 5-year-old who found you crying in fear about 10 feet from the exit." Josh smiles a sheepish grin remembering that horrible, terrible maze he thought he would never escape. Mom continues, "Well, anyway, let's go before I have to get dinner on the table."

MELODRAMA: THE SCIENCE FAIR, AN EASY A

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As the car approaches the Weber farm (*the prop master holds up the sign that reads, "FARM"*), Josh can see that there are already some cars in the driveway and Mr. Weber looks angry. All Josh can do is (*the prop master holds up the sign*) "sigh." This might take longer than he expected.

Josh gets out of the car and sees that there is someone from a seed company; his name tag says Marco. Josh hears Marco telling Mr. Weber that he (Mr. Weber) cannot use the same seeds as last year, even if he has some left over. While Mr. Weber is committed to using the seeds from the company, he does not understand why he cannot use leftover seeds or seeds obtained from the previous year's crops. Josh eavesdrops and hears Marco stipulate something about a contract Mr. Weber signed.

Marco says, "These seeds are stronger and more resilient against bugs, viruses and weather. Spiderman himself is no match for this super corn! The sheer power of this corn will have crows shaking in their claws. These are the seeds available this year and this is what you have to use." Mr. Weber lets out a frustrated (*the prop master holds up the sign*) "sigh."

Josh, tired of waiting, decides to crash the party. He says a little too loudly, "Hey Mr. Weber! I have a school project and have a few questions I would like to ask you. Maybe the seed guy can help too! So," Josh asks, "what is the first step to get food from farm to table?"

Mr. Weber replies, "Well, son, I sure would love to get some local corn to your table—nice, delicious Iowa corn. Look around you: the corn you see is not the corn you will have on your table, son. The corn you eat for dinner tonight will most likely come from Mexico." Mr. Weber lets out another sad sort of (*the prop master holds up the sign*) "sigh."

Josh asks Marco from the seed company a few questions like, "Where will Mr. Weber's corn go?" and "Why do you call it super corn?" And lastly, "Is it really even corn?"

Marco says, "Well, if Mr. Weber uses our seeds, we make sure it finds a market. Our company works with chemical companies to make sure the corn is strong, can resist disease, drought, insects and more. It is pretty hardy! And it will get processed for all sorts of products." Josh seems intrigued but realizes (*the prop master holds up the sign*) "It's getting complicated."

Marco continues, "Sure it's corn. It's just different from the type of corn that Farmer Weber had been growing. When farmers purchase our patented seed, they sign an agreement that they will not save and replant seeds produced from the seed they buy from us and that they will use the new and improved seeds we make each year. And we'll keep working to change the seeds each year, creating even greater super seeds for our super corn. And this corn will be used for all sorts of amazing things... not just food on your dinner table"

Josh says (*the prop master holds up the sign*), "It's getting complicated!"

Marco picks up his cell phone and calls a colleague at the chemical company, Mr. Mousavi. He hands Josh the phone. "Here kid. Talk to my colleague, Mr. Mousavi. This guy knows all about our food."

"Hello. Mr. Mousavi, here, from Mousavi Chemicals! I hear you want to know how we work with farmers. Well, we make chemicals that help farmers grow more crops, and raise bigger animals that can produce more." Josh asks, "Do these chemicals harm living things?" A pause... Mr. Mousavi then responds, "Well, we stand by our motto: 'We grow bigger and better for you.' It's all about progress, you know. And we make sure the farmers use our seeds!" Josh responds, "Hmmm. It sounds like it could be all about profit." Another pause from Mr. Mousavi, who eventually chimes back, "Money, you say? It's about money? Well, we don't want to put that in our motto!"

Josh hangs up the phone and (*the prop master holds up the sign*) "sighs" and again says (*the prop master holds up the sign*), "It's getting complicated!"

Before he leaves, he asks Marco and Mr. Weber whom he should talk to next. They both

MELODRAMA: THE SCIENCE FAIR, AN EASY A

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suggest that he speak to Ms. Nguyen, a food processing company director; Jim, a food packaging manager; and John Smith, a food sales representative. “That might get you a little more information.” Mr. Weber and Marco wave goodbye.

So Josh goes off to interview these folks. This project has become far more work than he expected. For now, it seems like Mr. Weber’s farm isn’t where his food is coming from. He might need another trip to the grocery store too.

Knowing he won’t be finished for quite a while, Josh (*the prop master holds up the sign*) “sighs.” He and his mom get in the car and drive off.

First stop: a local food processing plant (*the prop master holds up the sign that reads, “FOOD PROCESSING PLANT”*) Josh steps into the large, fancy building and asks for Ms. Nguyen at the reception desk. Ms. Nguyen, it seems, is a pretty important person here. She knows it all.

Ms. Nguyen invites Josh into her office and offers him a chair. There are all sorts of snacks in her office, and they look pretty good since he hasn’t eaten dinner yet. There are corn chips, candy corn, some little boxes of corn flakes and some caramel corn. She offers the snacks to him, and he mindlessly picks up some corn chips and opens the bag.

Ms. Nguyen asks what she can help him with, and he says, “I would like to know what kinds of things a processing company does with corn from local farms.” Her eyes light up and she gets very excited. “Just look around you, Josh! We make all sorts of things with corn, like the snacks you see here. But we also make corn syrup, flour and cake mixes—we sell some of our products to other companies to make millions of other things too, some of which are edible.” She laughs as if it was supposed to be a joke, but Josh isn’t sure that it really is.

“So basically, you want the corn crops to do well so you can make lots of products that hardly resemble corn and are pretty far removed from the natural state of corn, like when it is on the cob, right?”

“That’s right,” Ms. Nguyen says. It bothers Josh that she says this so casually.

Josh exits, leaving behind the candy corn and other things he usually loves. He lets out a long (*the prop master holds up the sign*) “sigh.”

Next, he is off to the food packager and the sales company. It sounds super boring, and he wonders what they have to do with getting food to his table.

Josh and his mom hop into the car and speed off. They reach the food packaging company and the sales company (*the prop master holds up the sign that reads, “FOOD PACKAGING AND SALES COMPANY”*). They just so happen to be in the same big high-rise downtown.

Josh asks at the main desk if he can talk to someone about his science project. That is the secret to getting in without an appointment. Who doesn’t love a cute freshman with a science project?

Josh finds himself in a warehouse of sorts, waiting to talk with Jim, the expert on food packaging. He has his questions ready.

Jim says, “Hello, what can I do you for?” Josh reads off his list of questions. “When do you get the food to package? Is the food right from the farm? Is the packaging ever harmful to the food? Does the packaging drive up the price? Is the food the same food but put in different packages for different companies?”

“I’m surprised by how good these questions are, young man!” Jim says. “I can answer these pretty efficiently for you: Pretty fast; nope; yes; yes; no. Any more questions?” Josh looks somewhat shocked at his honesty.

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Josh then says, “I just have one more. So, if some of the packaging is harmful to the food, the environment or people, isn’t there another way to do this?”

Jim just smiles. “Most people don’t want the cost of their food to go up—so they take a few chances here and there. Does the can containing your green beans really harm you? Does the plastic your cucumbers are wrapped in really leave residue on them that can make you ill? The tests we run aren’t conclusive. But people want their foods immediately and they want the food to look good and to stay as fresh as possible. If the demand is there, we are here to meet that demand. On the other hand, people also want to keep prices low. Plastic is cheap and so are tin cans; so we use those to package. It’s a chance people are willing to take to keep some green in their pockets. After all, you get what you pay for. Hey kid—you really think anyone cares about this? Well, I gotta go! Hope your science project works out.”

Josh, thinking that (*the prop master holds up the sign*) “it’s getting complicated,” finds his way to the food sales office and is surprised to see TVs playing commercials and posters, advertisements and pictures of famous people hanging everywhere. This might be an interesting stop.

Josh meets John Smith, who says he only has a minute because he is meeting with a famous TV star whose name he can’t mention. The star is signing on as the new corn chip spokesperson soon! Josh wishes he could have come just 5 minutes later—he could have met someone famous AND got help with his science project. That would have been awesome!

Josh has his questions ready. “Mr. Smith, I just need a few questions answered. Is your advertising legit? Do the actors and famous people really eat your products? And, lastly, do they know what is or is not in them?”

“Well, Josh, advertising and sales are a little like smoke and mirrors. We need to sell a product,” Mr. Smith tells him. “You are interested in corn, right? Well, we work for companies who want to sell corn and all the things made with corn. People like to think things are fresh and real. If something doesn’t have vitamins or nutrients in it after it’s processed, we just put some back in—it’s not that hard. As for the spokespeople really using our products or eating them—I can’t say for sure. Of course, we do deal in a lot of fine print. Time to call it a day, Josh. Maybe you can come around when we do a commercial and meet someone famous! You might also want to ask Mr. Jones, our financier, about this project.”

It is a bit too much for Josh, so he (*the prop master holds up the sign*) “sighs” and (*the prop master holds up the sign*) “sighs,” and (*the prop master holds up the sign*) “sighs” and says (*the prop master holds up the sign*), “This is getting complicated!” However, he notices that although at first he wanted (*the prop master holds up the sign*) an “Easy A,” he has now become quite concerned about the food industry. He begins to feel like he wants to make a difference.

Just a couple more stops for this supposedly quick project. One of the last stops is the Wall Street financier, Mr. Jones. Then, it’s off to get some take-out with his mom and, lastly, a promised quick visit with Grandma.

Josh wonders, “Who is this Jones guy who works for Wall Street and why is he working in Iowa and not New York City? What does he have to do with corn?” The next building Josh and his mom stop at is pretty old and fancy looking (*the prop master holds up the sign that reads, “WALL STREET OFFICE IN IOWA”*). He jumps out of the car and runs as fast as he can as someone is leaving and the security guard is about to lock up. It is getting late, and it is Friday, but Josh wants to figure this thing out. He asks the man at the door if he is Mr. Jones. “Yes, I am Mr. Jones—ready to get home and start my weekend. There are some football games to watch, and grandchildren to play with. What do you need?” Josh tells him about his science project, and Mr. Jones says he will answer two questions—and only two.

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Josh has them ready. “How do you make money from farmers and their crops? How does the farmer make money on his crops?”

Mr. Jones thinks for a minute. He says, “I make money by taking the products and putting them out there for people to buy. Sometimes, they have been made to be more glitzy and eye-catching; other times it’s just the raw corn. We know what people will pay, so we keep things steady—money needs to be made by lots of people. We decide the cost of corn by doing our research on companies, weather, farming techniques, seed companies and processing companies. Listen kid! Do you really think people care that much about this? No one likes to know the dark side of things—they just want their box of corn pops, their chips and salsa or their delicious candy corn on Halloween. We sell the idea of farm fresh ingredients—it makes us all feel better. Have a nice weekend.”

Josh (*the prop master holds up the sign*) “sighs” and says (*the prop master holds up the sign*), “I think I get it.”

Josh gets back in the car and is very happy that his mom has ordered him a burrito and tamales. After all the rushing around, he has worked up quite an appetite! Josh’s mom stops at the Melendez taco place (*the prop master holds up the sign that reads, “TACO PLACE”*), and he runs in to pick up and pay for the order.

Mr. Melendez is at the cash register, already waiting with their order. Josh decides to ask a few questions while Mr. Melendez is ringing it up. “Mr. Melendez, when you buy the food for your restaurant, where does it come from?” “I order from a big warehouse,” Mr. Melendez tells him. “It gets brought to me every day fresh as can be. Why do you ask?”

Josh says, “Well, I’m working on this science project about getting food from farm to table, and I was just wondering if anything came from local farms.” But Mr. Melendez says, “No, it’s way too expensive to do that and it takes too much time. I need to make money too. So if I buy from these big companies for less, I can keep my costs down and you can get the burrito you love so much at a reasonable price—or I won’t see you again, right?”

“Right,” says Josh.

Josh and his mom bring dinner over to his grandma’s house (*the prop master holds up the sign that reads, “GRANDMA’S HOUSE”*). When they get into the kitchen he smells something amazing. “What’s cookin’, Grams?” She says, “I just canned some salsa and spaghetti sauce today—the tomatoes were ready and I had the time.”

They sit down to dinner and Grandma opens one of her new jars of salsa. It is an amazing masterpiece! Her salsa has garden tomatoes, onions, black beans and corn, along with some secret spices. Grams really ought to bottle and sell it!

Josh decides to ask Grams a few questions about her garden and canning, between bites of his burrito, of course! “Grams, why do you spend time on this, anyway? It’s a lot of work for you, and you could buy it pretty cheap at the store.”

Grams says, “I like to know what I am eating. I know where all the ingredients come from and how they were tended. I know how they were canned or frozen, and I am pretty sure they are as fresh and healthy as they can be. That’s why I do it. That, and I also like to see you enjoy things that came right from the garden to the table.”

After finishing up at Grams, Josh and his mom head back home. This science project is very intense, so he gets started right away. He works for a few hours, and as Josh finishes up the last PowerPoint slide, he says (*the prop master holds up the sign*), “I think I get it!”

(*The narrators sets the scene.*) Now jump forward a week later! We are at the science fair (*the prop master holds up the sign that reads, “SCIENCE FAIR”*) and Josh is summarizing what it means to get your food from the farm to the table.

**MELODRAMA:
THE SCIENCE FAIR,
AN EASY A**

HANDOUT

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Josh says, *(The narrator should now turn it over to the person playing Josh, who reads this aloud.)* “As you can see, this is not as simple as going to Mr. Wallace’s farm and getting my corn on the cob. It is much more complicated than that. In fact, I stopped at the store this morning to buy some corn to bring today. While I was there, I ran into Pedram from class; her project is on hydroponic tomatoes, which are cool. But, like the corn I have here, they came from really far away. They traveled by truck and train, which cost money. Then they were brought to the warehouse, and were finally distributed to stores and restaurants. That doesn’t even include all the other people we know who have a hand in this corn, or those tomatoes, that add things to the crops or take things away from them based on money.

It is crazy! Everyone wants a “bite” of the corn. All that concerns them is what they can get from the corn by being a part of its journey from farm to table. What is really sad about all this is that it would be healthier for us, and less expensive—and way better for Mr. Wallace—if we just drove out to his farm and picked out his best ears of corn or amazing tomatoes. Instead, we send produce every which way and once it comes back to us, it has been processed to look like corn or processed to look like a tomato, but it is not. It is a cheapened version of itself. The good qualities of the crops have been messed with and harmful additives have been put in. It seems quite insane!

What I have learned from doing this project is that this is a crazy, absurd system that has been created before our time—and yet you and I keep it going by the choices we make. Yes, it may grow at the farm, but our food certainly does not have a one-way trip from the farm to the table. It has many connecting flights that should concern us; unfortunately, our society has become more focused on the green we make than the greens we eat.”

(Narrator reads:) The End.

(The prop master holds up the sign.) “Sigh.”

8:00 P.M.
MEDITATION:
MINDFUL EATING

1 of 2

24 FAMILY FOOD FAST

OBJECTIVES:

- To help participants take a step back and be cognizant of the sights, sounds, smell and taste of the food they consume
- To creatively provide a little nourishment to help young people during their fast

SET UP/MATERIALS NEEDED:

- An orange for each participant
- Paper towels
- Soft meditative music queued up on an iPod or other device
- Compost bin or recycling bag

PROCESS:

- 1** Dim the lights or light a candle. Invite participants to find a place where they have some space to themselves, but can still see and hear what is happening.
- 2** Give each participant an orange, a few paper towels and begin.

Most of us eat our meals in a rush. We may grab some toast or cereal in the morning, go through a drive-through on the way to school or work, or grab a coffee or energy drink. Lunch might consist of fast food, school lunch, or a snack. Dinner might be on the go too, depending on our after-school plans—practice, games, competitions, concerts or work.

The activity we are about to do is about mindful eating. It is a spiritual practice that helps us connect with the amazing things we can eat. We chose an orange for you because oranges are rather incredible. So let's get mindful.

- » *Take the orange in your hands and notice its texture, color and shape.*
- » *Now close your eyes and imagine where this orange began. Can you feel the warm sun, smell the blossoms on the trees in the groves? Can you see the fruit-laden trees?*
- » *Roll the orange back and forth on the paper towel and then lift it to your nose and smell its fragrance.*
- » *Open your eyes, and begin to peel the orange, piece by piece. Notice how the orange is put together. Once it is peeled, smell it again. Is it stronger? Sweeter?*
- » *Separate a few segments and take a close look at one of them. What do you see? What is the inner structure of the orange?*
- » *Close your eyes again, take one of the segments and bite into it. How does it feel in your mouth? What do you taste?*
- » *Chew the orange slowly, and think about all the parts of the orange you taste.*
- » *Enjoy the rest of the segments, doing the same with each one while keeping your eyes closed. As you chew, imagine that this is the last orange on earth and that it is all yours.*

MEDITATION: MINDFUL EATING

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FAMILY FOOD FAST

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- 1** Once everyone is close to being finished, invite them to open their eyes. Ask the following questions:
 1. How did it feel to eat the orange this way?
 2. What would be different for you if you ate food this way more often?
 3. How often do you eat because you are hungry?
 4. How much of what you eat is not really about being hungry?
 5. If this orange was really the last one on earth and you had to keep the memory of it from being lost to the world, how would you describe the experience?
 6. How can we as families practice mindful eating around our meals together?
- 2** When the discussion is concluded, have participants dispose of the rinds in a compost bin or recycling bag so someone can take it home for composting. Take a break for everyone to wash their hands.

8:10 P.M.
CHANGING OUR
RELATIONSHIP
WITH FOOD

ACTION STEPS

1 of 2

26

FAMILY FOOD FAST

OBJECTIVES:

- To help participants realize that they can develop a better relationship with food
- To challenge them to commit to specific actions which help reduce world hunger

SET UP/MATERIALS NEEDED:

- Copies of the handout “*Resources, Ideas, Inspiration*,” one for each participant
- One post-it note per participant
- Pens, one for every two participants
- LCD Projector and speakers
- Computer
- Choose 1-2 of the CRS Videos from the DVD that you can order on the CRS FoodFast website (You can also visit the CRS YouTube Channel for the most recent videos on CRS Agriculture and Food Programming: <https://www.youtube.com/user/CatholicRelief>)

PROCESS:

- 1 Begin this session with the following:

We have been talking about our right relationship with food. At the beginning of the session, I mentioned that this program is developed by Catholic Relief Services. CRS is the official international humanitarian relief and development agency of the U.S. Catholic Church. That means it helps people living in the most vulnerable situations around the world. In fact, CRS helps people to live in right relationship with each other, with the food they grow, and with all God’s creation. Let’s take a look.

Show the video clip(s) you have selected. After viewing, invite the participants to share how they see CRS aiding people in living in right relationship.

- 2 Continue with the following:

Let us explore how we can create a right relationship with food. While this idea may still be new to us, and perhaps the counter-cultural quality of it seems daunting, putting something into practice helps us to think more deeply about a new concept. In other words, by acting on something, we find ourselves living into a new way of thinking. Trying to act on this idea of right relationship with food helps us to consider our health, our impact on the environment and our connectedness to other people around the world. Before you know it, that impacts other behaviors and thoughts. We may even come to realize that discipleship indeed challenges our approach to eating!

Imagine, too, when we make this change together! One thing from you (point to one participant), another from you (point to another participant) and another from the three of you (point to three people) can seriously impact the way our society relates to food—and to those who have no food.

Sometimes we fail to act to make our world more just because we’re too busy with other things. But sometimes it’s because we honestly don’t know what to do. So for the next 15 minutes, we are going to give you time to explore some of the options that are available to you. You will work on this within your families; so, be thinking about how you can act as a family unit.

Take the Resources, Ideas, Inspiration Handout and read through it, circling ideas that intrigue or interest you. Add your own ideas at the end of the list. Then go back to the circled ones, and narrow them down to three. Give yourself a deadline—write it down—for accomplishing each action. On your post-it note, write your family name, the three numbers you circled and the date you chose to complete them. You will have about 7 minutes to do this.

8:10 P.M.
CHANGING OUR
RELATIONSHIP
WITH FOOD

ACTION STEPS

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- 3 Play reflective music while the families work together through the handout. After 5–7 minutes, call their attention back to you and continue.

Now find another family.

Give everyone a moment for families to pair together. Then continue.

Share your family goals with the other family. Ask the other family to sign their initials next to each of your three goals. Give the other family your post-it note and ask him/her to check in with you on each date to see if you completed your action! Remember that Pope Francis said that to be faithful—to be a true disciple of Jesus—you need to go outside. You need to ACT!

Be in the know. Stay informed about what is happening in the world. Know what the Church is doing in the world today and get involved.

Catholic Relief Services suggests a framework for creating a world where no one will be hungry again, and where injustice will be found only in the history books. The four ways of achieving a right relationship with food, a world of JUST food, includes praying, learning, acting and giving. Here are ways you can make a difference in our world today.

Pray

1. Read the Scriptures that talk about food—there are many!
2. Create a prayer service for your parish that focuses on food, fasting and the hungry. Offer it during Lent or on World Food Day (October 16)!
3. Create your own meal prayers and graces, remembering always to pray for all who are hungry, for all who helped to bring the food to our tables and for all who make decisions about food policies.

Learn

4. Assess your own consumption habits, including how much food you waste.
5. Assess the consumption habits of your family.
6. Learn about nutrition.
7. Check out local food pantries or soup kitchens to volunteer and learn what the needs are in your community.
8. Interview the elderly in your parish or community and ask them how the concept of food has changed over their lifetime, and their thoughts on the subject.
9. When you choose a restaurant, ask if it buys food locally. Ask if it offers fair trade or organic foods and explain why that is important to you.
10. See if there is a farm or community-supported agriculture (CSA) project nearby to tour. Explore volunteer opportunities.
11. Learn more about the *One Human Family, Food for All* campaign to end hunger by 2025. This campaign was initiated by Pope Francis and has many learning tools that you can use to educate yourself and others. Visit <http://food.caritas.org>.

Act

12. Make changes in your lifestyle that reflect a greater understanding of food, nutrition, the needs in the world directly related to food, food production and food security.
13. Organize a family discussion on how you can participate in the farm-to-table movement, purchase fair trade and organic foods, and support our brothers and sisters who are hungry.
14. Instead of eating out several times a week, learn to cook a few really good meals with locally produced ingredients. Invite friends to join you.
15. Host a progressive dinner or a Throwback Thursday dinner party with a menu from the '50s, '60s or '70s.
16. Brown bag it a few times a week.
17. Care for your body.
18. Find an exercise that you love and make a habit of doing it three or four times a week.

HANDOUT

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19. Gather friends from school or your parish and make extra meal bags for people who eat at your local soup kitchen or Salvation Army so they can take them to work. Have a snack later or share with someone who is hungry. (Be sure to notify the agency ahead of time to make sure this will be helpful and to get a date that works for them.)
20. Make a meal for a neighbor, for someone homebound, or for new parents.
21. Build a small stand-up garden or planter garden so you have fresh produce.
22. Become a really good bread maker—share your creations with those in need.
23. Try your hand at making pasta or something else that you might like from scratch.
24. When you dine out, ask the waiter not to bring a plastic straw for your water.
25. Look into your ethnic background and find a few recipes that reflect your culture—and try them out.
26. Practice mindful eating for a week—and try it with your favorite fruit or vegetable.
27. Eat locally grown foods for a week, and abstain from any foods that are out of season.
28. Pay attention to any bills before the state or national legislature that deal with aid to the hungry, support for small farmers or nutrition. Email your representatives with your faith perspective.

Give

1. Look at your family food budget and bills. See how your money is spent. Work to make it reflect a more just way to eat and share with others.
2. Give up bottled water, soda and/or other sugary drinks for a month and donate the money you would have spent to CRS or a local food pantry.
3. Support a person or group through a microloan with CRS faithACTS program that helps communities flourish around the world (<http://faithacts.crs.org/>). CRS' Gift catalog also allows you to buy shares of projects that help people around the world (<http://gifts.crs.org>). Purchase a share that celebrates or honors someone special in your life. Choose something food-related.

Come up with your own ideas. What might those be?

8:45 P.M.
COMMISSIONING
SERVICE

1 of 3

FAMILY FOOD FAST

30

OBJECTIVES:

- To remind participants of God's abundant love
- To inspire them to share the resources they have with those in need, just as Jesus did
- To recognize the sacrifice and commitment to justice that the young people made in fasting
- To encourage them to continue to work for food justice for all God's people when they return home
- To spread the good news by inviting parents, friends and other community members to learn about the experience and to help commission them

SET UP/MATERIALS:

- Use the readings of the weekend/day or choose your own. Use songs from this FoodFast or check the CRS FoodFast website for additional music suggestions. For a sending song, use *One Family* by Pasquale Talarico, available on the CRS FoodFast website for download.
- Have the crosses ready to give to the youth and the adult volunteers.
- Print enough copies of the Handout, *One Human Family, Food for All* campaign prayer for each participant or order prayer cards through the CRS FoodFast website.
- In the prayer space, place two baskets with bread from different cultures/countries.
- Choose readers to proclaim the Word.

Have the musician play some warm-up music before the opening song.

Gather

Opening Song: *King of My Heart* by Greg Walton (Oregon Catholic Press) or *Home in Me*, by Ben Walther (Spirit and Song) or another song of your choosing

Lord God, we thank you for an incredible time together. Thank you for all we have shared. We have learned about food and have been challenged to be mindful, thoughtful, generous and compassionate. We ask now that you give us courage to make changes in ourselves and our communities. Open our eyes to the hungry in our schools and neighborhoods. Help us to listen carefully to the sounds of injustice and find ways to challenge others to join us. We pray this in the name of the Father and of the Son, and of the Holy Spirit. Amen.

Listen

Reader 1: Matthew 25: 35–36

COMMISSIONING PROCESS

Reader 2:

Please respond, "I will say yes!"

When I am made uncomfortable by the needs in the world and you ask me to share...

When I am tempted to waste, to throw away food or drink and you remind me to take less...

When I have a choice to buy locally and support my neighbors who farm...

I will be reminded whose hands and labor brought food to my table and in gratitude...

When I am asked to challenge systems that deny basic rights and food for all people...

When asked by God to take what I have learned and share it with others and continue to make a difference...

(If others have been invited to join the commissioning, invite all of the families and the team volunteers who participated in the CRS FoodFast to come forward at this time. Otherwise, invite all to stand at their seats.)

Leader:

We invite the leaders to come forward for a blessing.

Please raise your hands in blessing over these special volunteers.

Lord, we thank you for these leaders gathered here. We are grateful for their ministry and for all they do to bring young people closer to you. We present this cross. May it be a reminder of the work done here at FoodFast and continue to be a reminder of the gift of food, openness to others, and what it means to live like Christ. Amen.

Present the adult leaders with their gift. Then continue:

We invite the families to come forward for a blessing.

Please raise your hands in blessing over these special families.

Lord, these families have taken time to learn, to grow and to be challenged. We ask you to continue to work in their hearts so they may know your will, meet the challenges before them and rely on you for strength, courage and inspiration. May this gift remind them to be in right relationship with all God's creation. May it inspire them to find joy and strength in the Eucharist and be ready to go out into the world to make a difference. Amen.

Present the families with their gift individually. Then invite everyone to share a Sign of Peace.

Thank all those who helped with the FoodFast and invite the group to show their appreciation with a round of applause.

COMMISSIONING SERVICE

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Send Forth

Offer your own words or use these for a closing reflection:

Food connects us all and helps us to know that we are one human family bound together by this beautiful planet and all she has to offer us. As we go forth, let us celebrate our common unity and stand in solidarity with those who will face hunger tonight.

End the commissioning by inviting the entire community to pray the **One Human Family, Food for All** Campaign Prayer. For the sending song, sing the song *One Family* by Pasquale Talarico.

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FAMILY FOOD FAST

9:00 P.M.
BREAK THE FAST/
SHARE STORIES

1 of 1

33 FAMILY FOOD FAST

PROCESS:

- 1** Consider a simple meal for the closing meal. The current CRS Rice Bowl (<http://crsricebowl.org>) and the CRS Rice Bowl recipe archives offer international recipes that make for a nice simple meal (<http://www.crsricebowl.org/recipe-archive/>).
- 2** If parents and other members of your community are joining you, invite each participant to share a highlight or a brief reflection on what they learned during the CRS FoodFast.
- 3** Take a group picture. Post it in your parish and share it with CRS!
- 4** Invite the entire group to pray the *One Human Family, Food for All* prayer at the close of the evening.



one human family, food for all ✪

O God, you entrusted to us the fruits of all creation so that we might care for the earth and be nourished with its bounty.

You sent us your Son to share our very flesh and blood and to teach us your Law of Love. Through His death and resurrection, we have been formed into one human family.

Jesus showed great concern for those who had no food—even transforming five loaves and two fish into a banquet that served five thousand and many more.

We come before you, O God, conscious of our faults and failures, but full of hope, to share food with all members in this global family.

Through your wisdom, inspire leaders of government and of business, as well as all the world's citizens, to find just and charitable solutions to end hunger by assuring that all people enjoy the right to food.

Thus we pray, O God, that when we present ourselves for Divine Judgment, we can proclaim ourselves as “One Human Family” with “Food for All.”

AMEN.