

EVERYTHING BUT THE TURKEY – AT HOME EDITION

Thank you for being part of the Edlavitch DCJCC's EBTT program and addressing food insecurity in our community. This program is brought to you in partnership with PJ Library. To offer a deeper experience for your family to learn about and apply the Jewish value of *Hazan et Hakol* (providing food for all), we have created the following guide you can follow.

STEP 1: Understand the purpose and impact of this project

One of the Jewish values embodied by EBTT is *Hazan et Hakol* ("hah-zahn et hah-koh!", providing food for all). To understand it more deeply, start by reading the book *Maddi's Fridge* by Lois Brandt and illustrated by Vin Vogel as a family. Here is a [recorded](#) version.

According to [Capital Area Food Bank](#), one out of 10 residents in the metropolitan Washington region is struggling with food insecurity currently. Nearly 1/3 of them are children.

Food insecurity is defined as a lack of consistent access to enough food for every person in a household to live an active, healthy life. This can be a temporary situation for a household or can last a long time. Food insecurity is one way we can measure how many people cannot afford food. ([Feeding America](#)).

STEP 2: Ask guiding questions

Ask framing questions to set the tone for the experience and the learning. You don't have to be an expert. Respond to tough questions by saying "Good question; let's research the answer together."

- What things are harder for you to do when you are hungry or haven't eaten recently?
- Why do you think some neighbors don't have enough food to eat?
- What other challenges do you think neighbors, especially children, who don't have enough food might have? What else might be hard for them to do?

STEP 3: Purchase food items and make Thanksgiving cards

For the hands-on project, your family will be donating pasta, rice, and/or beans to [DC Central Kitchen](#). DC Central Kitchen is an amazing organization that provides meals and job training to thousands of people in the DC area – including thousands of children.

Some guidelines:

- We are collecting bags of dry beans (pinto, kidney, or garbanzo all work), bags of rice, and boxes of pasta. Please purchase however much you'd like to contribute!
- Involve your family members by having them shop with you at the grocery store or online.
- As you are shopping, discuss: Would you buy these items for your own family? Why is it important to purchase quality and healthy ingredients?

Your family can also make Thanksgiving cards for those receiving the food items. Please stick to messages such as "Have a Happy Thanksgiving!" and do not reference religion or the recipient's situation. Sign your first name, and if you are including an envelope, please do not seal the envelope.

STEP 4: Reflect on the experience

Children process an experience by talking about it. Use these questions to guide your reflection discussion:

- How did performing this volunteer activity make us feel?
- If we were to do this type of activity again in the future, could we make an even larger impact? Would it be with the same organization/project or something different?
- Are there things we see/understand differently now?
- Do we have a different perspective on our community or our responsibility to our neighbors who may be struggling with having enough food?
- Did our service remind us of any Jewish stories from our family or heritage?

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

STEP 5: Deliver your items

Please deliver your items to the Edlavitch DCJCC parking lot (located at 1529 16th Street NW on the Q Street side of the building) on Sunday, November 21st between 9:00-11:00 AM. Please note that the parking lot itself will be closed for the in-person Everything But The Turkey event.

STEP 6: Want to do more?

- Discuss everyday ways to do *mitzvot* (good deeds) and to incorporate this value into your daily lives.
- Explore PJ Library's [A Mitzvah a Day \(at Home\)](#) guide or Federation's [Jconnections](#) page for more ideas on how to be a force for good in the community.
- Visit the [Edlavitch DCJCC's Center for Social Responsibility](#) for more volunteer opportunities.
- MAZON: The Jewish Response to Hunger has a "[Make a Meal](#)" activity to calculate what it takes to feed a family of four and how to afford it.

Additional PJ Library books to explore helping neighbors experiencing food insecurity:

Bagels from Benny by Aubrey Davis, illustrated by Dušan Petričić

- [Recorded](#) and [electronic](#) versions
- Values: *hazan et hakol*, *hodaya* (gratitude)

Bone Button Borscht by Aubrey Davis, illustrated by Dušan Petričić

- [Recorded](#) version
- Values: *hazan et hakol*, *hachnassat orchim* (welcoming guests)

Mitzvah Pizza by Sarah Lynn Sheerger, illustrated by Deborah Melmon

- [Electronic](#) version
- Values: *hazan et hakol*, *chaverim* (friendship)

The presenting sponsor of Everything But The Turkey is The Annette M. and Theodore N. Lerner Family Foundation.

Everything But The Turkey – At Home Edition is a program of the Edlavitch DCJCC's Morris Cafritz Center for Social Responsibility and PJ Library.