

LEARN MORE ABOUT THIS PROJECT:

Thank you for participating in our service project kit initiative! Making casseroles provide community members with a healthy and delicious meal. This exemplifies the Jewish value of loving your neighbor as yourself, or *v'ahavta l'reacha kamocha* in Hebrew. By making a casserole, you help individuals experiencing food insecurity cared for, well fed, and loved.

DID YOU KNOW?

Facts about food insecurity:

- The United States Department of Agriculture (USDA) defines food insecurity as a lack of access at all times to enough food for an active, healthy life.
- 1 in 8 people in Maryland, and 1 in 4 in Baltimore City, are food insecure.
- 23.5% of Baltimore residents live in a food desert.
 - Food deserts are defined as parts of the country where fresh fruit, vegetables, and other healthful whole foods are difficult to find. This is largely due to a lack of grocery stores, farmers' markets, and healthy food providers.

A JEWISH LENS:

Maimonides, also known as Rambam, was a leading Jewish scholar, doctor, and philosopher who lived during the 12th Century. His writings, including the *Book of Commandments*, are still studied today for their wisdom on Judaism, ethics, and life's big questions.

Rambam said... "Whatever I wish for myself, I wish also for my fellow; and whatever I dislike for myself, I should also not want to befall them." - *Book of Commandments, Positive Commandment #206*

By preparing a delicious casserole, we are putting the value of loving our neighbor as ourselves into action by meeting urgent needs and providing community members with a nutritious meal.

CONSIDER THIS:

- How do you feel when you are hungry?
- What do you think it would be like to be hungry all the time?
- How will you help your neighbors next?