



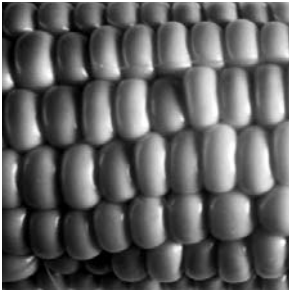
Bring Food Work for Justice

ORGANIZING KIT



**KEMAH: KEHILLOT/COMMUNITIES
MOBILIZING AGAINST HUNGER**

Mitzvah Food Project of
Jewish Federation of Greater Philadelphia
2100 Arch Street, Philadelphia 19103
215-832-0855



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SPONSORING ORGANIZATIONS

Auerbach Central Agency for Jewish Education
www.ajce.org

Jewish Community Relations Council of Greater Philadelphia
www.jcrcphila.org

MAZON: A Jewish Response to Hunger
www.mazon.org

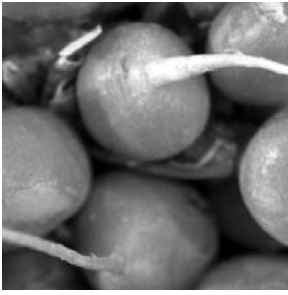
Mitzvah Food Project of the
Jewish Federation of Greater Philadelphia
www.jewishphilly.org

VAAD: The Board of Rabbis of Greater Philadelphia

- IN COOPERATION WITH -

Greater Philadelphia Coalition against Hunger
www.hungercoalition.org

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grams to the issue of hunger. This can be done by collecting food for emergency food programs, and by writing letters and making visits to our U.S. Senators and Representatives to encourage them to support initiatives that will relieve the hunger of families in our country.

By working together and in large numbers, we in the greater Philadelphia religious community can help reduce hunger in America, Pennsylvania and Philadelphia.

Please join the "Bring Food - Work for Justice" campaign.

“ Share your bread with the hungry,
take the homeless into your home. . . .
If you put yourself out for the hungry
and satisfy the soul of the poor,
then shall your light shine in the darkness
and your gloom shall be as noonday.
The Holy One will guide you continually.”

ISAIAH 58



Organizing Suggestions

1 - SEEK SUPPORT. Identify the key people in your congregation or organization who can give approval for your group's participation in the "Bring Food - Work for Justice" campaign - your rabbi, president, social action committee, etc. Set up a meeting to inform them and motivate them about the campaign as soon as possible.

2 - SET UP A COMMITTEE. To prepare for your organization/congregation's activities and to generate enthusiasm, a planning committee may be helpful. Your group may have an existing social action or education committee that will take on this campaign, or you may want to form a new committee to plan and implement the campaign. Your committee may want to lay out a timeline that makes clear who does what by when.

3 - SPREAD THE WORD. The "Bring Food - Work for Justice" campaign may be publicized in a number of ways. Announcements can be made from the bimah. You will want to place an article in your newsletter or board announcements. Don't forget to make use of the creativity and energy of your congregation's young people. The children and youth could create posters and/or displays.

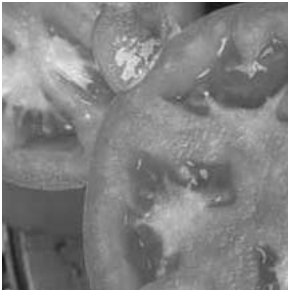
4 - CONDUCT SOCIAL ACTION AND EDUCATION ACTIVITIES. Include the issue of hunger in your social action and education programming. Invite a speaker to speak to your organization. Feel free to make use of the "Educational Resources" in this kit.

5 - COLLECT FOOD. Collect food for distribution to poor and hungry people in your community. Please make use of the "Food Collection Ideas" in this kit.

6 - WRITE LETTERS to our U.S. Senators and Representatives. Organize a letter-writing campaign in your congregation or organization to encourage Congress to pass legislation that will alleviate hunger in our communities. Please see the insert in this kit for current legislation or call the JCRC or the Mitzvah Project for current bills.

Share
your
bread
with the
hungry

Isaiah 58



7 - PROVIDE FOLLOW-UP. Keep your group informed about how many pounds of food you have collected, how many letters you have generated to members of Congress, and what Congress is doing to respond to your letters. You can receive updates by contacting the Greater Philadelphia Coalition Against Hunger.

When your congregation or organization has completed its participation in the campaign, please fill out and return the "REPORT FORM" at the back of this kit telling how many persons attended activities on the issue of hunger, how many pounds/bags of food your group collected, and how many letters were sent to elected officials.

Thank you!



Domestic Hunger Facts

MILLIONS OF PEOPLE IN THE U.S. ARE HUNGRY OR AT RISK OF HUNGER.

- Nationwide, 31 million people live in households that experience hunger or the risk of hunger. This represents one in every nine persons in the United States (U.S. Department of Agriculture).
- Thirty-seven percent of children of immigrants live in households that have trouble putting food on the table (Urban Institute, 1999 National Survey of America's Families).
- In Pennsylvania, nearly one million people live in households that are food insecure, and 287,000 Pennsylvanians experience hunger (U.S. Department of Agriculture).
- In the five-county greater Philadelphia region, an estimated 178,654 adults sometimes skip or cut the size of meals due to lack of money. 69% of them are working or retired. An estimated 172,828 children live in these households (Philadelphia Health Management Corporation, 2000 SEPA Household Health Survey).
- In the five-county greater Philadelphia area, an estimated 92,105 adults sometimes do not eat due to lack of money. 60% are working or retired. An estimated 45,052 children are living in these households (Philadelphia Health Management Corporation, 2000 SEPA Household Health Survey).

HUNGER AFFECTS THE JEWISH COMMUNITY IN GREATER PHILADELPHIA.

The Mitzvah Food Pantry provides food in a caring and dignified manner to those in our community who are in need. On average each month, the four sites of the Mitzvah Food Pantry serve over 800 people, including over 400 children. The following statistics are based on persons living in Jewish households in the Greater Philadelphia area (1996/1997 Jewish Population Study of Greater Philadelphia).

- 12% of households with 3 persons or less have an annual income of less than \$15,000.

**Take
the
homeless
into
your
home.**

Isaiah 58



- 65% of all Jewish households earning less than \$15,000 per year reside in Northeast Philadelphia.
- Approximately 78% of persons with disabilities have low incomes.
- 81% of elderly persons from the Former Soviet Union have incomes below \$15,000 per year.

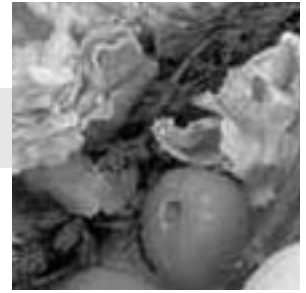
FOOD PROGRAMS ARE THE NATION'S NUTRITION SAFETY NET.

- School Breakfast and Lunch, Summer Meals, and Senior Meals Programs
- WIC: Women, Infants and Children - Supplemental food and nutrition education available for pregnant women, nursing mothers and children under 5 years old.
- Food Stamps - Income supplement through a debit card that can be used to buy food.
- Farmers Market Checks/PA Department of Agriculture - Fruit and vegetable checks that can be used at local farmers markets for WIC

Hunger in Greater Philadelphia

County	Adults who cut size of meals due to lack of money	Percent of these adults who are working or retired	Children in these households
Bucks	19,004	81%	6,652
Chester	12,499	76%	5,009
Delaware	18,952	83%	10,222
Montgomery	19,834	83%	7,970
Philadelphia	108,362	61%	57,379

(Philadelphia Health Management Corporation
2000 SEPA Household Health Survey)



moms and seniors.

- Emergency Food Cupboards and Soup Kitchens - Distribute food and meals. Food sources include donations, government commodity food, and state food purchase.

TODAY OVER TWO MILLION MORE POOR PEOPLE ARE WITHOUT NUTRITION ASSISTANCE PROVIDED BY THE FOOD STAMP PROGRAM THAN JUST FIVE YEARS AGO

(Center on Budget and Policy Priorities).

- Nationwide, participation in the Food Stamp Program has declined 34% since 1995, four times more than the decline in the poverty rate (Center on Budget and Policy Priorities).
- Only 30% of eligible seniors citizens receive food stamp benefits (U.S. Department of Agriculture).
- During the period from January 1999 through March 2001, the number of persons receiving food stamps in the five county greater Philadelphia area has declined by 52,900 people, a 15% drop (Pennsylvania Department of Public Welfare).

There are numerous reasons for this decline, including but not limited to:

- Many families and individuals do not realize that they are eligible for food stamps because of changes in the welfare program.
- Some eligible people do not want to complete the application knowing that they may only receive the \$10 minimum allotment per month.
- Community Assistance (Welfare) Office hours are incompatible with a nine-to-five work schedule.
- There is a stigma attached to going to the Welfare office to apply for benefits.

EMERGENCY FOOD PROGRAMS ARE STRAINING TO SERVE RISING REQUESTS FOR FOOD.

- There are over 400 emergency food cupboards in the Greater Philadelphia area, including the 4 sites of the Mitzvah Food Pantry. Approximately 310,000 families utilize the emergency food system in the Greater Philadelphia area (Greater Philadelphia Coalition Against



Hunger).

- Food and financial donations are essential for pantries to provide food for people in need.

Educational Resources

HUNGER, JEWISH PRAYER AND THE JEWISH CALENDAR

In Jewish tradition, mitzvot bein adam lamakom/oleNk ošt iK, וּמִן and mitzvot bein adam lahavero/lrcjk ošt iK, וּמִן (Hebrew words can be found in the glossary) are intertwined. Our liturgy and calendrical cycle offer us opportunities to make these connections explicit for ourselves and our students. A number of lesson plan suggestions that connect hunger issues to different aspects of a holiday follow.

Written for children and adults, school and committee settings, the ideas listed below are just to get you started - please feel free to develop these and add your own. Most of these suggestions are taken from "Feed the World, a Crisis Curriculum," by Joanne Glosser, Beth Huppin and Bill Kunin, published by CAJE in 1986. Other ideas were generated by Kemah, and are indicated with an asterisk.

JEWISH PRAYER/TEFILLAH/vkps

BLESSINGS/BERAKHOT/, lfrC

BIRKHOT HANEHENIN/BLESSINGS OF ENJOYMENT/ilvq, IFSC

Teach about the berakhot said before eating. Tradition teaches that "one who eats without a berakhah is as one who steals food" (Berakhot 35a). This teaches us that food doesn't belong to us, but rather to the Holy One. Yet we are partners with God in the making of food, as the berakhah over bread: "hamotzi lehem min ha'aretz" teaches us: God brings forth the wheat - human effort makes it bread. We must complete the process not only for ourselves, but for all in need.*

BIRKHAT HAMAZON/GRACE AFTER MEALS/ilzN, FSC

Explain that Jews traditionally say the Birkhat after every meal. You may want to go further into the rituals and customs of saying Birkhat HaMazon. Depending on the background of the class, you may want to spend time reading or singing the text in Hebrew. Then move on to the questions:

- a. This prayer says that God feeds all people. It is logical to

put
yourself
out for
the
hungry
and
satisfy
the soul
of the
poor

Isaiah 58



expect this statement right after God has directly and specifically fed the Jewish people with the manna in the desert.

- b. If God feeds all people, why is there hunger?
- c. The statement seems like a blatant falsehood. The two interpretations of the line at the end of Birkhat HaMazon "never have I seen a righteous person abandoned and his children begging for bread," by Rabbi S. R. Hirsh and by Rabbi Nahman of Bratslav "if people acted righteously there would be no hunger" and "if I was perceptive I could never have allowed anyone to go hungry" place the responsibility for hunger on people.

Draw the following conclusions: 1) there is enough food for all - we haven't yet learned how to share and distribute it; 2) by saying Birkhat HaMazon when we eat, we not only thank God for the food which has been provided, but confront our responsibility to make food available; 3) there is a connection between our experience in Egypt and our sensitivity to human need.

DISCUSSION QUESTIONS:

1. Why is there a need for a berakhah AFTER the meal? Haven't we already thanked God by having a berakhah before the meal?

(When we are hungry it is easy to be thankful for food. It is when we have been satisfied that it is easy to take food for granted. It is when we have finished eating that it is even more difficult to remember to be grateful.)

2. Ask the students to imagine that THEY wrote the original Birkhat HaMazon. What were the circumstances? What caused them to write this prayer?

3. Ask the students to write their own original versions of Birkhat HaMazon. Ask them to imagine that they are:

- a. a starving African child
- b. a hungry child in one of the poor neighborhoods of our community
- c. him or herself



Would there be any differences in the berakhot that these 3 children might write? Divide the class into 3 sections and ask each group to write the blessing from the different point of view.

4. Ask the student to write their own original *in Eiv/HaRa*haman.
5. Make posters describing each section of Birkhat HaMazon.

HOLIDAYS/HAGIM/חגים **SHABBAT/שבת***

The Shabbat practice of serving two loaves of *hallah* at each meal recalls the manna that the Holy One provided the Israelites in the desert, and the double portion they received on Fridays so as not to gather food on Shabbat. When we wandered in the desert God provided manna for us. We can be like God when we provide food for others.

RELEVANT TEXTS:

It was one of the miracles that manna tasted different to everyone. Whatever people liked, they found in the manna. (Yalkut Shimoni I:258).

Only those who eat manna (who have enough to eat) can truly study Torah (Mechilta Beshallah 17).

Manna was one of the ten wonders that God created on the eve of the first Sabbath, at twilight (Avot 5:8).

DISCUSSION: Does it matter that people liked the manna? Why did God make it so people would enjoy it? Was it hard for the Israelites to trust that God would send manna each morning? Does it matter what kind of food we donate to hungry folks in our area (healthy, tasteful, etc.)?

ACTIVITIES: Make *hallah* together. Try different flavor variations (raisins, extra sweet, savory, etc.). Deliver *hallot* to hospitalized Jews.

ROSH HASHANAH/ ראש השנה

1. Use cans of food as "tickets" for services.
2. Make resolutions for responding to the hunger needs - plan year-



long class projects for fundraising, food drives, etc.

3. Read and discuss the meaning of the following text:

And Ezra the priest brought the Law before the congregation, both men and women, and all that could hear with understanding, upon the first day of the seventh month...Then he said to them: "Go your way, eat the fat, and drink the sweet, and send portions to him for whom nothing is prepared"...and all the people went their way to eat, and to drink, and to send portions, and to make great mirth, because they had understood the words that we declared to them (Nehemiah 8:2-12).

DISCUSSION QUESTIONS:

- a. What day is this talking about? (Rosh HaShanah)
- b. What does it mean to "eat the fat and drink the sweet"? (to celebrate - "drink the sweet" - this is the source for using honey on Rosh HaShanah)
- c. What kinds of "portions"? (portions of food)
- d. What other holiday do we send "portions of food" along with "gifts to the poor" *matanot l'evyonim*? (Purim)
- e. What can we do now?

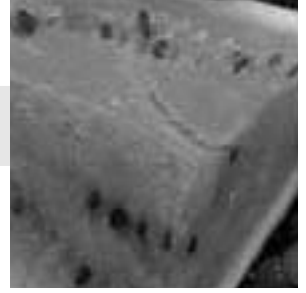
YOM KIPPUR/rUF olh

1. Invite a speaker to talk about food insecurity and hunger on a level that is age-appropriate. Make sure to cover: What is the kind of hunger we mean when we use it in this context? What happens to the body and mind? Where is there widespread hunger and food insecurity? What is the face of hunger in our community? And why? What can be done?

2. At the end of the Yom Kippur and Rosh HaShanah prayer "Unetaneh tokef," we find these words that summarize the essence of what Yom Kippur is all about, its purpose:

vrZB@ gr-, t ihrcg@ vëšntvkp\$UvcU \$U
"But teshuvah, tefillah, and tzedakah
can annul the severity of the decree."

- a. What do we do on Yom Kippur? (pray a lot, make teshuvah,



and we are supposed to take action and do tzedakah.)

- b. One specific kind of tzedakah we can do is help feed the hungry. Read the haftarah for Yom Kippur morning, from Isaiah 58:1-11. Prayer and fasting is not enough. Good deeds must be done to help others, as well - it's not enough just to talk about it. Isaiah prefers we break the bonds of wickedness, give bread to the hungry, bring the cast-out poor into our homes, clothe the naked, etc.
- c. According to the Talmud (Berakhot 6b): "The merit of a fast day lies in the charity dispensed."

3. Ask families to figure out the total of money that would have been spent on food for the family if it were not fasting for Yom Kippur - and to donate that to a class fund or synagogue fund for the hungry. Also, foods that might ordinarily be eaten might be donated to the Mitzvah Food Pantry e.g. a jar of peanut butter, box of cereal, macaroni, tuna fish, etc.)

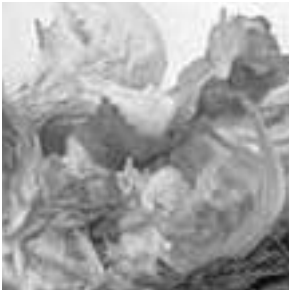
4. Some of these activities might be adapted for Tishah Be'Av, especially at camps.

SUKKOT / IF

1. Obvious tie-ins with thankfulness for the "fruit of the harvest." Being grateful means sharing - once again, bring non-perishable food or raise money.
2. Sukkot is a nice time to teach brachot for various kinds of food or to analyze birkhat hamazon.
3. With the tradition of *hupst / ushpizin* (inviting biblical "guests" into the sukkah each day) you might consider inviting other kinds of symbolic guests, like Jewish heroes or heroines of the past, "mitzvah heroes," and real, like someone who might not have an invitation, or someone without family. Names of people available to be guests might be obtained from the synagogue office or Jewish Family and Children's Services.

SIMCHAT TORAH / vrIT , JSG

1. Read and discuss the following:



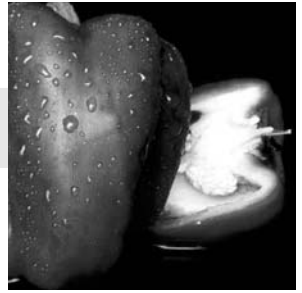
וְאִם יֵשׁ לָנוּ טוֹרָה וְאִם יֵשׁ לָנוּ חֵן וְאִם יֵשׁ לָנוּ חָכְמָה וְאִם יֵשׁ לָנוּ יְרֵאָה וְאִם יֵשׁ לָנוּ יָדְעוּת וְאִם יֵשׁ לָנוּ כֶּסֶף וְאִם יֵשׁ לָנוּ זָהָב וְאִם יֵשׁ לָנוּ מִטְוָה וְאִם יֵשׁ לָנוּ מִצְוָה וְאִם יֵשׁ לָנוּ מִצְוָה וְאִם יֵשׁ לָנוּ מִצְוָה

Rabbi Elazar ben Azariah said: If there is no Torah, there is no social order. If there is no social order, there is no Torah. If there is no wisdom, there is no awe. If there is no awe, there is no wisdom. If there is no understanding, there is no knowledge. If there is no knowledge, there is no understanding. If there is no sustenance, there is no Torah. If there is no Torah, there is no sustenance (Mishnah Avot 3:17).

- a. How are Torah, social order, awe, wisdom, knowledge, understanding and sustenance linked? Give examples of each.
- b. What is *kemah*? Figuratively, it means "sustenance," while literally it means "flour" - the basic ingredient of bread, the "staff of life." What do Torah and flour have to do with each other? In a most literal sense (a different way to look at this passage) without food there is no life and hence no one to study or act on Torah. At the same time, Torah helps guide us toward sustaining life on all levels. We need Torah and sustenance (sustenance, both in terms of food and livelihood).
- c. How does this text imply that people can contribute to Torah in the world? What can you do, specifically?

HANUKAH/FLUR

1. Give gifts of money to hunger agencies, and food to the Mitzvah Food Pantry.* This is a good time to decide where class or school funds collected for *tzedakah* or *hng ipy/keren ami*" might be distributed. Consider splitting fund between Jewish organizations and hunger projects (or choose an organization that is both, like MAZON or the Mitzvah Food Pantry!).
2. Encourage families to make one night of Hanukah "tzedakah night" - each family member sends the money that would have gone into a gift to an organization s/he would like to support. In addition to finan-



cial giving, families could volunteer at a food bank, soup kitchen or shelter.*

TU BISHVAT/תּוֹבִיבָת*

1. Hold a Tu BiShvat seder. Donate packages of the kinds of foods used - dried fruits, nuts, etc.
2. Discuss the kabbalistic origins of the seder. Describe the story of the creation of the world according to the kabbalists and the concept of tikkun olam. Discuss how each person can contribute to the repair of the world. Then take action towards that repair - write letters to elected officials, collect tzedakah, etc.
3. The gematria (numeric equivalent of the Hebrew letters) for Tu BiShvat is 91 - give tzedakah in a multiple of that number - \$9.10, for example.

PURIM/פּוּרִים

1. Read and discuss:

וַיִּשְׁלַח מֹרְדֵכַי כְּתוּבִים בְּיָד יָדָאֵן וְיָדָאֵן בְּיָד מֹרְדֵכַי
 וְיָדָאֵן בְּיָד מֹרְדֵכַי וְיָדָאֵן בְּיָד מֹרְדֵכַי וְיָדָאֵן בְּיָד מֹרְדֵכַי
 וְיָדָאֵן בְּיָד מֹרְדֵכַי וְיָדָאֵן בְּיָד מֹרְדֵכַי וְיָדָאֵן בְּיָד מֹרְדֵכַי
 וְיָדָאֵן בְּיָד מֹרְדֵכַי וְיָדָאֵן בְּיָד מֹרְדֵכַי וְיָדָאֵן בְּיָד מֹרְדֵכַי
 וְיָדָאֵן בְּיָד מֹרְדֵכַי וְיָדָאֵן בְּיָד מֹרְדֵכַי וְיָדָאֵן בְּיָד מֹרְדֵכַי
 וְיָדָאֵן בְּיָד מֹרְדֵכַי וְיָדָאֵן בְּיָד מֹרְדֵכַי וְיָדָאֵן בְּיָד מֹרְדֵכַי
 וְיָדָאֵן בְּיָד מֹרְדֵכַי וְיָדָאֵן בְּיָד מֹרְדֵכַי וְיָדָאֵן בְּיָד מֹרְדֵכַי

And Mordechai wrote these words and sent scrolls to all the Jews in all of King Achashverosh's provinces, both near and far. To establish for themselves that the 14th day of Adar and the 15th day as well, for every year - as days that the Jews were delivered from their enemies, and that the month was turned for them, from anguish to joy, from mourning to a day of gladness, they should make them days of feasting and joy, and sending portions each to his friend, and gifts to the poor (Esther 9:20-22).

The following texts from Rabbi Moses ben Maimon (Maimonides) Mishneh Torah, Hilkhot Megillah describe the practices of Mordechai's words:



One is duty bound on the day of Purim to distribute [gifts] to the poor. One must not give to less than two poor people, giving to each one a present or money or a cooked dish or some other kind of food, as it is said "gifts to the poor," i.e. [at least] two gifts to two poor persons.

Purim money may not be diverted for any other charity.

It is better to increase the gifts to the poor than to make for oneself a big meal or to send more portions to friends, for there is no greater or nobler joy than to gladden the hearts of the poor, the orphans, the widows and the strangers. He who makes the heart of the unfortunate to rejoice resembles the Divine Presence, as it is said, "to revive the heart of the humble, and to revive the heart of the contrite ones" (Isaiah 57:15).

2. Use boxes of beans, macaroni and cheese, rice pilaf or the like as groggers to drown out the name of Haman. After the megillah reading, they can be donated.*

PESAH/j פסח

1. See Tzedakah, Gemilut Chasadim and Ahavah: A Manual for World Repair (Grishaver and Huppin) pp. 73-76 for activities related to the mitzvah of maot hittim (Pesah food, literally "wheat money").

2. Study the Haggadah's passages such as *halahma anya* that relate to feeding the hungry. Stress the idea of empathy that recurs in the haggadah, "we were slaves in Egypt," etc.

SHAVUOT/ שבועות *

1. The custom of eating dairy on Shavuot is an opportunity to teach about kashrut (the Israelites ate dairy on Shavout, according to tradition, because they had just received the Torah, which taught them the laws of kashrut). The purpose of these laws, according to the Torah, are to make us holy - ritual holiness is inseparable from ethical holiness (bein adam lamakom and bein adam lahavero) - we cannot be a holy people eating kosher food if our neighbors have no food at all.

2. The reading of Megillat Rut gives us the opportunity to teach about the laws of *v't P/peah* and *yok/leket*, the traditions about leaving the corners of the fields and forgotten gleanings for the poor. What kinds of parallels might be found in our modern, non-agricultural society?

Thanks to Auerbach CAJE for assistance in compiling these educational materials. More information is available from Auerbach CAJE or on the web site of the Mitzvah Project: www.jewishphilly.org



A GROUP EXERCISE ON HUNGER IN PHILADELPHIA

On a writing board or large poster copy the "Impossible Choices" box. Ask a volunteer to fill in the blanks as you read the following information:

You are the single parent of two children ages three and ten. You work full-time at a job well above minimum wage. Your ex-spouse fails to provide court-ordered child support.

Your take home pay from your \$8 an hour job is \$1,232 a month. So on the blank next to "Wages" please fill in \$1,232.

Have group guess on the average cost for rent and utilities for this family.

Then inform them of true average cost - \$704 a month*. On the blank next to housing please fill in \$704.

Discuss childcare. What can happen with the three year old and the ten year old while the mother is at work? Lead discussion so that the ten year-old will stay with a neighbor after school and the three-year-old will be in day care. Ask monthly group for the cost for childcare for one preschooler. Then have someone write \$425* in the blank next to childcare.

The cost for transportation is \$70 for one monthly SEPTA pass. Children under 42 inches tall ride SEPTA for free Monday - Friday. On Saturday and Sunday children under 11 years of age pay 75 cents per ride. On the blank next to transportation write \$110.

Then ask the volunteer to fill in the "Subtotal" blank. This subtotal should be \$1,239.

By comparing the wages and the subtotal, group members will see that this family has no money left for food and other needs. Since working low-income parents generally pay for their housing, child care and transportation before they purchase food, they often must rely on Food Stamps, WIC (Women, Infants and Children supplemental food program) and food cupboards to feed themselves and their children. Ask the group to estimate the costs for food and other needs. Ask what those other needs might include: medical costs, clothing, leisure activities, etc. Ask the group how they would prioritize all these needs.



**The estimates for housing and child care costs are from Table 1, "The Self-Sufficiency Standard for Selected Family Types in Philadelphia, 1998," in The Self-Sufficiency Standard for Pennsylvania, Summary Report prepared for the Women's Association for Women's Alternatives, Inc., May 1999.*

Impossible Choices

Income

Wages: \$ _____ /mo

Expenses

Housing: \$ _____ /mo

Childcare: \$ _____ /mo

Transportation: \$ _____ /mo

Subtotal: \$ _____ /mo

Food: \$ _____ /mo

Synagogue Membership \$ _____ /mo

Hebrew School \$ _____ /mo

Other: \$ _____ /mo

TOTAL: \$ _____ /mo



Food Collection Ideas

PLAN ONE OR MORE OF THESE ACTIONS
WITHIN YOUR SYNAGOGUE OR ORGANIZATION

- **BUY DOUBLE** of one item every shopping trip - one for home, one for the Mitzvah Food Pantry. Use "Buy 1/Get 1 Free" sales to purchase one item for your family, and then give the free item to the Mitzvah Food Pantry to give to a family in need.
- **MAKE A SHABBAT/YOM TOV DINNER BAG.** Include gefilte fish, chicken soup, matzah ball mix, kugel or potato pancake mix, candles, etc. Browse the kosher food aisle of your supermarket for more ideas.
- **PREPARE A HEALTHY BREAKFAST BAG.** Fill it with cereal, dry milk, and canned fruit.
- **LET YOUR CHILDREN** choose healthy snack items and juice boxes for another child's lunch.
- **CONSIDER CHOOSING THE MITZVAH FOOD PANTRY** as the recipient for your Bar/Bat Mitzvah Project. Call the Mitzvah Project Coordinator at the number below for assistance.
- **FILL A SHOEBOX** with personal care items for a man, woman, or child.
- **DONATE MONEY** to enable the Mitzvah Food Pantry to balance items in stock. (Checks can be made payable to: "The Mitzvah Food Project." Send checks to: Jewish Federation of Greater Philadelphia, Mitzvah Project - 7th floor, 2100 Arch Street, Philadelphia, PA 19103. Please use your name and return address on the envelope!!

MAZON supports hunger-relief efforts throughout the country. This work is funded by Jews and others who donate three percent of the cost of weddings, Bar and Bat Mitzvahs, other joyous and life-cycle events; who contribute to MAZON at the High Holy Days and Passover; and who make contributions in honor or in memory of friends and loved ones. MAZON supports the Greater Philadelphia Coalition Against Hunger and the Mitzvah Food Pantry. Please include MAZON in your simchas!

kF
kYrGh
ohcYg
vZ[®]
.vZ[®]

*All Israel
is responsible
for one another.*

Talmud Shavuot 39a



- **INVITE A SPEAKER** from the Mitzvah Food Pantry to speak to your congregation, school or organization.

To make a donation on-line or to learn more about the Mitzvah Food Pantry, visit: www.jewishphilly.org

- **ORGANIZE A COLLECTION** with your synagogue/agency. Display collection boxes or barrels in a prominent location. Make announcements and use flyers. Combine it with poverty education and advocacy. Call the Jewish Community Relations Council for a speaker (215-832-0662). Ask a volunteer to bring the food to one of the locations listed on the previous page, or call Philabundance to have them pick up a large quantity of food (215-339-0900 x272).

If you need assistance with delivery, have questions, would like to volunteer, or want to learn more about how your institution can help, call:

Jessica W. Charmont, Mitzvah Project Coordinator
215-832-0855 or e-mail at jcharmont@philafederation.org
The Mitzvah Food Pantry is coordinated by the
Jewish Federation of Greater Philadelphia.

Mitzvah Food Pantry Locations

CONGREGATION BETH T'FILLAH

215-832-0855

7630 Woodbine Avenue

Overbrook Park

DISTRIBUTION:

Wednesdays, 11:00-1:00

DROP-OFF:

Mondays - Thursdays, 9:00-5:00; Fridays, 9:00-3:00

TEMPLE SHOLOM

215-288-7600

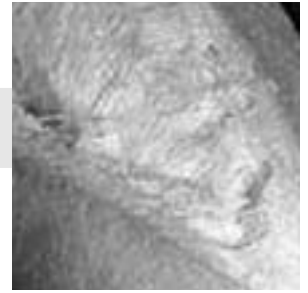
Roosevelt Blvd & Large Street, Northeast Philadelphia

DISTRIBUTION:

Mondays, 3:00-7:00; Thursdays, 11:00-1:00

DROP-OFF:

Mon., Tue., Thu. 9:00-5:30, Wed. 11:00-7:30, Fri. 9:00-1:00



JCC DAVID G. NEUMAN SENIOR CENTER

215-338-9800

6600 Bustleton Avenue
Northeast Philadelphia

DISTRIBUTION: Call in advance.

DROP-OFF:

Mondays - Fridays, 9:00-3:00

JCC JACOB & ESTHER STIFFEL SENIOR CENTER

215-468-3500

Marshall and Porter Streets, South Philadelphia

DISTRIBUTION:

Mondays - Fridays, 10:00-2:00; Wednesdays close at 12:00.

DROP-OFF:

Mondays - Fridays, 9:30-4:30

Mitzvah Food Pantry

Coordinated by the Jewish Federation of Greater Philadelphia.

Most Needed Food Items

1. Cereal & Dry Milk
2. Pasta Sauce
3. Juice
4. Canned Fruit
5. Peanut Butter & Jelly
6. Tuna
7. Soup
8. Beans
9. Pasta & Rice
10. Canned Vegetables

Baby Care Items

1. Disposable Diapers
2. Infant Formula

Personal Care Items

1. Toilet Paper
2. Toothpaste/Toothbrushes
3. Soap
4. Shampoo & Conditioner
5. Deodorant

Household Items

1. Laundry Detergent
2. Cleansers
3. Dishwashing Liquid



Donations are also accepted at any office of the
Jewish Federation of Greater Philadelphia
during regular business hours:
Mondays-Thursdays, 8:45-5:00; Fridays, 8:30-3:30.

CALL THE MITZVAH PROJECT FOR A LOCATION NEAR YOU.

Metro: 215-832-0500

2100 Arch Street, Center City

Bucks County Region: 215-579-9300

677 South State Street, Suite 2, Newtown

Bux-Mont Region: 215-646-4500

580 Virginia Drive, Suite 140, Fort Washington

Chester County Region: 610-725-0910

Station Square 3, Suite 201, Paoli

Delaware County Region: 610-356-9850

2000 Sproul Road, 2nd floor, Broomall

6

Impacting Public Policy

CONTACT YOUR ELECTED OFFICIALS

CALL, FAX, WRITE LETTERS OR POSTCARDS

Current contact information follows.

BE PERSONAL. A handwritten note receives much more attention than a pre-printed card, e-mail or petition.

BE CONCISE. Express yourself clearly and briefly.

REQUEST SPECIFIC ACTION. Contact your elected officials to ask them to support particular legislation. Also it is always good to thank them for proposing bills or voting for legislation you support.

Date_____

(Dear Sen./Rep._____:)

Please support the Nutrition Assistance for Working Families and Seniors Act.

Millions of our children and senior citizens experience hunger. This bill will repair holes in the Food Stamp Program, and increase support for emergency food providers.

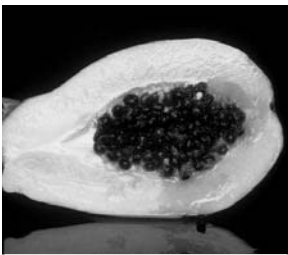
Sincerely,

Your Name _____

Your Address _____

**your
light
shall
shine
in the
darkness
and your
gloom
shall
be as
noonday**

Isaiah 58



כִּסּוּ לַיְתוּם
 וְלַאֲבֹתָן
 וְהַאֲדִימִים
 וְהַיְתוּם
 וְהַיְתוּם
 וְהַיְתוּם

*Defend the poor
 and the orphan;
 deal justly with
 the poor and
 the destitute.*

Psalms 82:3

Sample Thank You Postcard

Date _____

*Dear Sen./Rep. _____
 Thank you for co-sponsoring the
 Nutrition Assistance for Working
 Families and Seniors Act.
 I encourage you to do all you can to
 rally support for this important bill.*

Sincerely,

Your Name _____

Your Address _____

**The JCRC and the Mitzvah Food Project will keep the commu-
 nity apprised of important legislation impacting hunger in
 our region. Pennsylvania state legislation affecting children
 and nutrition should be introduced in the winter. Check our
 websites (www.jcrcphila.org and www.jewishphilly.org) or
 call Rabbi Lina Grazier-Zerbarini at JCRC or Jessica Charmont
 at the Mitzvah Project for updates.**



107th CONGRESS
GREATER PHILADELPHIA DELEGATION

SENATORS Senate switchboard telephone 202-224-3121

RICK SANTORUM (R)

120 Russell Senate Building

Washington, DC 20510

P: 202-224-6324

F: 202-228-0604

Email: www.senate.gov/~santorum

1 South Penn Square, Suite 960

Philadelphia, PA 19107

P: 215-864-6900

F: 215-864-6910

ARLEN SPECTER (R)

711 Hart Senate Building

Washington, DC 20510

P: 202-224-4254

F: 202-228-1229

Email: www.senate.gov/~specter/

William Green Federal Building

600 Arch Street, Suite 9400

Philadelphia, PA 19106

P: 215-597-7200

F: 215-597-0406

CONGRESSMEN House switchboard telephone 202-224-3121

ROBERT BRADY (D)

216 Cannon House Office Building

Washington, DC 20515

P: 202-225-4731

F: 202-225-0088

Email: robert.a.brady@mail.house.gov

1907 South Broad Street

Philadelphia, PA 19148

P: 215-389-4627

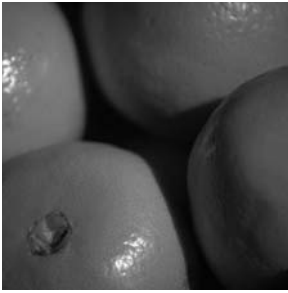
F: 215-389-4636

First District: Chinatown, Society Hill, Washington Square, Center City east of Broad Street, Hawthorne, Bella Vista, Queen Village, Pennsport, Wharton, Packer Park, Whitman, Eastwick, Elmwood, Paschall, Kingsessing, S.W. Schuylkill, Poplar, Olde Kensington Ludlow, Yorktown, North Central Philadelphia, Strawberry Mansion, Stanton, Hartranft, Franklinville, Nicetown-Tioga, Hunting Park, West Kensington, Wister, Morton, West Oak Lane, Logan, East Oak Lane and Olney. Delaware County: City of Chester, Darby township, Tinicum, Colwyn, Eddystone.

esm
esm
; & ST

*Justice, justice
shall you pursue.*

Deuteronomy 16:20



CHAKA FATTAH (D)

1205 Longworth House Office Bldg.

Washington, DC 20515

P: 202-225-4001

F: 202-225-5392

Email:

4104 Walnut Street

Philadelphia, PA 19104

P: 215-387-6404

F: 215-387-6407

chaka.fattah@mail.house.gov

Second District: Center City west of Broad Street, South Philadelphia below Fitzwater and west of Broad Street, West Philadelphia, University City, Wynnefield, Balwynne Park, Germantown, Mount Airy, parts of West Oak Lane, North Philadelphia west of Broad Street, Chestnut Hill, Roxborough, Manayunk, Yeadon, Lansdowne and Darby.

ROBERT BORSKI (D)

2409 Rayburn House Office Bldg.

Washington, DC 20515

P: 202-225-8251

F: 202-225-4628

Email:

7141 Frankford Avenue

Philadelphia, PA 19135

P: 215-335-3355

F: 215-333-4508

robert.borski@mail.gov

Third District: All of Northeast Philadelphia, Bridesburg, East Oak Lane, Olney, Lawndale, Frankford, Part Richmond, Northern Liberties, parts of Society Hill, Fishtown, Queen Village and Feltonville.

CURT WELDON (R)

2452 Rayburn House Office Building

Washington, DC 20515

P: 202-225-2011

F: 202-225-8137

Email: curtpa07@mail.house.gov

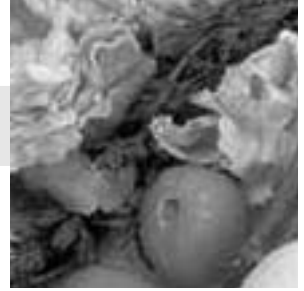
1554 Garrett Road

Upper Darby, PA 19082

P: 610-259-0700

F: 215-596-4665

Seventh District: Eastern Delaware County, Radnor, Haverford, Swarthmore, Media, Springfield, Marple-Newtown, and Southwest Philadelphia (Eastwick), Upper Darby.



JIM GREENWOOD (R)

2436 Rayburn House Office Bldg.
Washington, DC 20515
P: 202-225-4276
F: 202-225-9511

69 East Oakland Avenue
Doylestown, PA 18901
P: 215-348-7511
One Oxford Valley, Ste 800
Langhorne, PA 19047
P: 215-752-7711
F: 215-752-8014

Email: <http://www.house.gov/greenwood/contact.htm>.

Eighth District: All of Bucks County, Horsham, a small section of Lower Moreland and Huntingdon Valley bounded by Byberry and Bucks Roads.

JOE HOFFEL (D)

1229 Longworth House Office Bldg.
Washington, DC 20515
P: 202-225-6111
F: 202-226-0611

Logan Square Shopping Center
1768 Markley Street
Norristown, PA 19401
P: 610-272-8400
F: 610-272-8532

Email: www.house.gov/hoeffel

Thirteenth District: Lower Montgomery County including Abington, Ambler, Bala Cynwyd, Bryn Mawr, Cheltenham, Elkins Park, Lower Merion, Lower Moreland, Norristown, Jenkintown, Plymouth Meeting, Villanova, Upper Dublin, Whitmarsh and Willow Grove.

JOSEPH R. PITTS (R)

204 Cannon House Office Building
Washington, DC 20515
P: 202-225-2411
F: 202-225-2013

P.O. Box 837
Unionville, PA 19375-0837
P: 610-444-4581
F: 610-444-5750

Email: www.house.gov/pitts

Sixteenth District: Lancaster County and parts of Chester County including parts of West Whiteland, West Chester, East and West Goshen, Westtown, Uwchland, Downingtown, East Vincent, North, South and East Coventry and Exton.

PLEASE NOTE: District descriptions are general guidelines. They do not list every neighborhood or township in a given district.



Glossary/ילקח

Birkhot HaNehenin	Blessings of Enjoyment	ילקח, IFSC
Birkat HaMazon	Grace after Meals	ילקח, FSC
Brakhot	Blessings	, IfrC
Gemilut Hasadim	Good Deeds	דשׁ, Uthd
Hagim	Holidays	דק
Kemah	Sustenance (lit., flour)	j
Leket	Gleanings	yek
Maot Hittim	Literally, wheat money	orlyh , lgn
Megillat Rut	The Book of Ruth	, ut , kCS
Mitzvot	Commandments	, unth
Mitzvot Bein Adam LaHavero	Commandments between one person and another	ilC, unth lrcfk ost
Mitzvot Bein Adam LaMakom	Commandments between a person and the Eternal	ost ilC, unth deNk
Peah	Literally, corner	vtP
Ra'av	Hunger	cgf
Tefillah	Prayer	vkpS
Teshuvah	Repentance	vcU S
Tikkun Olam	Repairing the World	cklg ilT
Tzedakah	Charity (literally. justice)	vesm

Bring Food Work for Justice **ORGANIZING KIT**

Kemah: Kehillot/Communities Mobilizing Against Hunger

REPORT FORM

EDUCATION, PROGRAMMING AND VOLUNTEER ACTIVITIES

Please describe any programmatic, volunteer and/or education activities on hunger:

How many people volunteered or participated in the program(s) on hunger? _____

How many people participated in the educational program(s) on hunger? _____

FOOD COLLECTION

This many bags or pounds of food were collected: _____

If the food was not donated to the Mitzvah Food Pantry, where was it donated?

LETTER WRITING

How many letters did you write to Congress? _____ Specifically, how many letters went to:

_____ Sen. Specter _____ Sen. Santorum

_____ Rep. _____ Rep. _____

How many letters did you write to the State Legislature? _____

Specifically, how many letters went to:

_____ State Sen. _____ State Sen. _____

_____ State Rep. _____ State Rep. _____

CONTACT

Congregation or Organization _____

Contact Person _____ Phone _____

email _____

Please return to:

THE MITZVAH FOOD PROJECT

Jewish Federation of Greater Philadelphia • 2100 Arch Street • Philadelphia PA 19103

Tel:(215) 832-0855 Fax: (215) 832-0833 Web: www.jewishphilly.org