



# Food Security

An Educational Resource

pears  
foundation

Jewish  Youth  
Fund







## Jewish texts

- Judaism's intriguing relationship with food goes all the way back to the first chapter of the Torah – G-d initially envisioned man to be a herbivore.

### Genesis 1:29

כט. וַיֹּאמֶר אֱלֹקִים, הִנֵּה נָתַתִּי לָכֶם אֶת-כָּל-עֵשֶׂב זֶרַע זֶרַע אֲשֶׁר עַל-פְּנֵי כָל-הָאָרֶץ, וְאֶת-כָּל-הָעֵץ אֲשֶׁר-בּוֹ פְּרִי-עֵץ, זֶרַע זֶרַע: לָכֶם יִהְיֶה, לְאֹכְלָהּ.

29. And G-d said: 'Behold, I have given you every herb yielding seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed – to you it shall be for food;

Adam and Eve differed to modern day vegetarians as they had no choice in whether or not they ate animals; G-d had forbidden them to eat meat. However, if G-d had originally created humans as vegetarians, why did He change his mind in Genesis 9:3 when He said the following to Noah?

### Genesis 9:3

ג. כָּל-רֶמֶשׂ אֲשֶׁר הוּא-חַי, לָכֶם יִהְיֶה לְאֹכְלָהּ: כִּיֶּרֶק עֵשֶׂב, נָתַתִּי לָכֶם אֶת-כָּל.

3. Every moving thing that lives shall be for food for you; as the green herb have I given you all.

1. Why did G-d originally create humans as vegetarians?
2. Why do you think the “herb” is mentioned again?
3. A lot happens between G-d telling man he can eat “every moving thing” and the kashrut laws that were given in Leviticus 11. What do you think is the reason for the long pause? Why is it important at that point for G-d to give laws on which animals to eat?
4. In your opinion, why does G-d change G-d's mind about which animals we can eat? To begin with, G-d tells Noah, “every moving thing...” and in Leviticus 11:2 G-d says,

### Leviticus 11:2

ב. דַּבְּרוּ אֶל-בְּנֵי יִשְׂרָאֵל, לֵאמֹר: זֹאת הַחַיָּה אֲשֶׁר תֹּאכְלוּ, מִכָּל-הַבְּהֵמָה אֲשֶׁר עַל-הָאָרֶץ.

2. Speak unto the children of Israel, saying: These are the living things which ye may eat among all the beasts that are on the earth.

## Case Study:

**Chad, Central Africa: Four year old twins Cherefie and Acete suffer from malnutrition. They are too weak to play and suffer dreadfully from high fevers. If left untreated, malnutrition can be fatal.**

The last two years have been exceptionally difficult for the twins' family. Their father left to find work in North Africa. He occasionally sends money but it is not enough to feed the whole family. Their mother, Fatima, has had to contend with their food supplies running out, their sheep also going hungry so not producing milk, and the rest of their livestock dying. They cannot afford to buy food from the market so she has to make do with what she can lay her hands on. For example, she dilutes the burnt leftovers of her neighbour's porridge to serve as dinner for her children.

The village chief advised Fatima to take the twins to the Action Against Hunger clinic to be treated. They received medical care and were given a high-energy peanut paste, which is a micro-nutrient enriched food, to help the children get back on their physical development track. The twins are already getting better and have enough energy to go out and play again.

Source: Action Against Hunger

## Interesting websites

<http://www.foodsecurity.ac.uk/video/index.html>

*video about food security and its challenges*

<http://www.worldhunger.org>

*American website with lots of food facts*

<http://www.utzedek.org/>

*an Orthodox organisation which has its own Tav HaYosher – ethical seal*

<http://blogs.forward.com/the-jew-and-the-carrot/>

*Jews, food and contemporary issues*

<http://www.guardian.co.uk/environment/2011/may/31/oxfam-food-prices-double-2030>

*an article about food prices*

<http://www.oxfam.org/en/grow/>

*Oxfam's new food campaign*

## Peulot & games

The Edible Resource

*found on the Big Green Jewish website*

[http://www.dubble.co.uk/fun\\_and\\_games](http://www.dubble.co.uk/fun_and_games)

*games and info relating to Fairtrade and chocolate*

<http://www.arcadetown.com/3rdworldfarmer/gameonline.asp>

*3rd World farming simulation game*

<http://freerice.com/>

*answer simple questions and the World Food Programme will donate grains of rice to hungry people*

---

*Education Director Tzedek, Jewish Social Action Hub, 152 West End Lane,  
London. NW6 1SD*

*Please get in touch with us with your thoughts and ideas, and do call if you  
have any questions. Contact us by phone on: 0207 443 5121 or by email at:  
education@tzedek.org.uk*