



Food Insecurity Worksheet for Children

The Talmud explains that each Jewish community must establish a public fund to provide food for the hungry, and our sages explain that feeding the hungry is one of our most important responsibilities on earth: "When you are asked in the world to come, 'What was your work?' and you answer: 'I fed the hungry,' you will be told: 'This is the gate of the Lord, enter into it, you who have fed the hungry'" (Midrash to Psalm 118:17).

Instructions:

Step 1- Gratitude

Cut out the foods you love and glue them onto the attached paper.

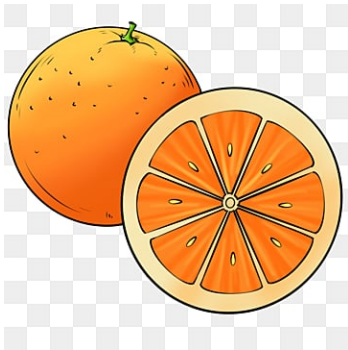
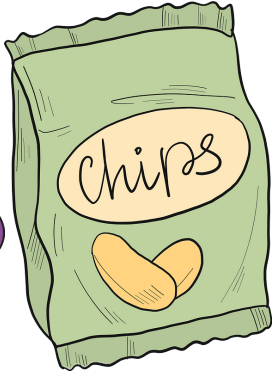
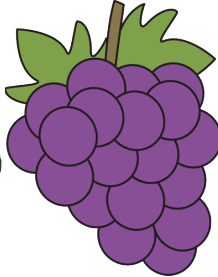
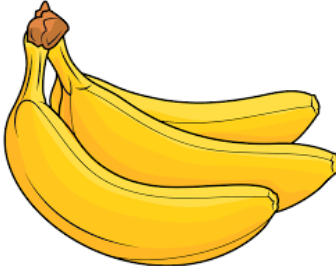
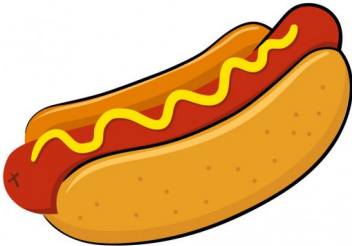
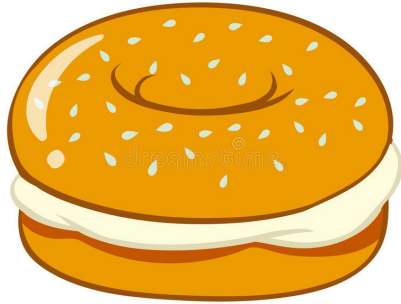
Questions to ask:

1. To whom are we thankful that we have food to eat? Our family? Those who grow the food? Those who sell the food? God? Other(s)?
2. How would you feel if you were hungry all day and didn't have enough food to eat?
3. What should we do if we know someone who does not have enough food to eat?

We are grateful for our food.

Use the space below to glue your favorite foods.

Everyone has the right to food.



Step 2- Awareness

Head to the grocery store or you can use any store website/Instacart. Here is your scenario:

Lauren and Alex have three children, ages 4, 6, and 10. One and a half years ago, Alex was injured and has not been able to work, and receives disability. And Lauren works full time. To supplement the single income, the family has used mostly all of their savings. After bills, the family has \$560 a month to feed the whole family. Though that seems like a lot, the family only has \$140 a week or \$20 per day to spend on food for the 5 people in the family. What can the family buy?

Menu Plan:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snack							

Item list:

1. _____ Price: _____
2. _____ Price: _____
3. _____ Price: _____
4. _____ Price: _____
5. _____ Price: _____
6. _____ Price: _____
7. _____ Price: _____
8. _____ Price: _____
9. _____ Price: _____
10. _____ Price: _____
11. _____ Price: _____

Grand total: _____