



The Great Big Jewish Adventure Toolkit

For Families Who Love
Food and Shabbat!

may 19-28, 2020

THE
Great **BIG**
Jewish
FOOD *Fest*

online & in your kitchen

What is Shabbat?

What does it mean to have a celebration every single week?

Every Friday at sundown, people all over the world begin to celebrate Shabbat. People mark this special time in different ways. Some people wear white clothes, or make a big delicious meal. Some invite friends over to share shabbat food like challah and grape juice. Some put out fresh flowers. Some clean their houses. Some people like to show gratitude, or connect with their spirit. Some people like to turn off their phones and TVs during shabbat so they can focus on the people they love.

Whatever way you choose to enjoy Shabbat is the right way because it is the way that is most meaningful to you. In this guide we will explore many ways to enjoy Shabbat, all inspired by a love of Jewish food.



How does Shabbat connect to food?

People like to think of Shabbat as a guest in your home and life. And if Shabbat is the guest, that makes us the host. So my friends, what does a host do? What do you think of when you hear that word?

A host **WELCOMES** guests

A host **PREPARES FOOD** for guests

A host **OFFERS DRINKS** to guests

A host **MAKES** the table beautiful so guests know that something special is coming.

What would it be like if YOU were the host? How might you host the celebration of Shabbat? What about hosting your family at Friday night dinner? What might you do to make it special?



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Hey... What's the Great Big Jewish Food Fest?

Right now thousands of people are celebrating the diversity, the history and the meaning of Jewish Food in a 10 day party of chefs, food fans, learners, educators, and activists.

Jewish food is: global, part of our culture & history and both ancient & modern at the same time.

Do you need to be Jewish to eat Jewish Food? Nope! All are welcome!



Shabbat Food Meditation

Shabbat is a time to relax! Let's do a food meditation to get you feeling loose!

All you need is **ONE RAISIN**

The Raisin Meditation

- Find a seated position. Take a few breaths. You may want to close your eyes while doing this.
- Place a raisin in your hand. Do you want to eat it? Notice that thought and leave it in your hand
- Examine the raisin with curiosity as if you've never seen one before.
- Notice how it feels in your hand – the texture, shape and weight.
- Notice the color of the raisin
- Imagine where the raisin came from, how it started as grapes on the vine. Picture the farm workers harvesting and another worker transporting the raisins to the store.
- Slowly bring the raisin to your nose to see what it smells like. Notice how naturally your arm moves to do this.
- Are you thinking about eating the raisin? Good! Notice that!
- Slowly place the raisin in your mouth, without biting. Explore what it feels like in your mouth, notice what your tongue is doing. Keep it in your mouth without chewing for at least 10 seconds.
- When you are ready, slowly bite into the raisin, taking one bite.
- Without swallowing, notice what it tastes like, how its flavor and texture changes as you chew. Notice your natural impulse to swallow it.
- When you are ready, swallow the raisin.
- Sit quietly and notice what you are feeling.

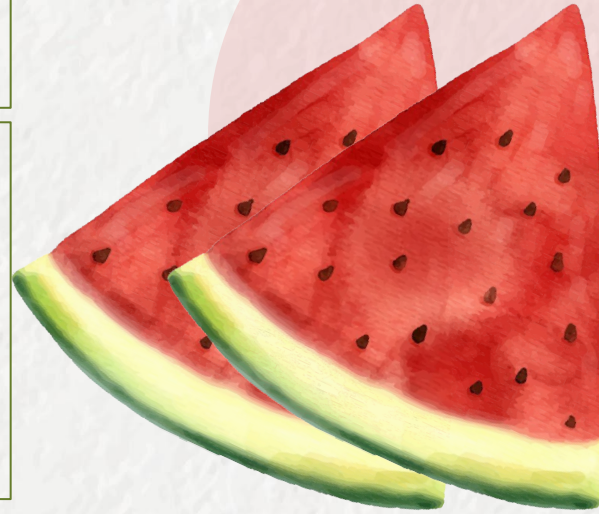


You did it! How was that for you? Fun? Weird? Both?

COMPOSTING

It's great for our planet. Our food waste can't decompose properly in landfills where oxygen can't circulate. As it breaks down, it creates a harmful greenhouse gas that contributes to climate change and pollution

Compost (food scraps and yard waste) is decayed organic material used as a plant fertilizer. When we compost, waste becomes a useful product that improves the soil for trees, and parks. What can go into your compost pile? Apple cores, potato peels, tea bags, nut shells, and non-greasy pastas, breads, and rice. And yard waste, which includes things like dried flowers, houseplants, leaves, and grass clippings.

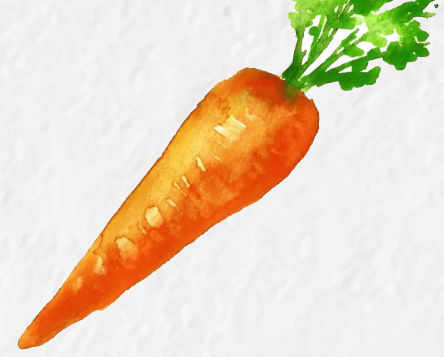


Freezer Compost

Putting compost in your freezer is by far the easiest way. You'll need a container- a large Tupperware or paper bag. Now start dropping in your daily food scraps and storing the container in your freezer when not in use. When it's full, drop it in one of those compost brown bins you see around your neighborhood.

GBJFF Shabbat Word Find

B T D T H D D N W P F B I G T W H A L N O P Y G A
 Z N B U V W Y O P B V U D V D O J A Y O M I G Q N
 F C L Q Z M I Y Z O J K R O F S H A B B A T R D Z
 B O M L D A L H N W I P W E G A K C O E S Z Z E B
 X R O E C A N D L E S H G T L X M R E O Z M P Z M
 D B F D D V P L E N J O Y S T A S I E J G K A Y S
 L Z T E R I C Z B E G Z D N B I X J L S V U T D L
 W W T T H I T W C O M M U N I T Y C F Y T Q Y N N
 T P V H S O L A L P W O A H T K R G L I G H T J D
 K T H C I F P D T J G O E K Y C D J H C E Z E K I
 H G O E N X B E B I P G R E A T C Z G B E W A V N
 A F S N G D H F E T O P R I M K N R A I S I N J N
 P D T U V Q C E A R V N R I K G T G F P X I A R E
 N E E S T A J S U V D B K W N P G W Q A C O V O R
 H X I P D T L T T K J C O M P O S T Z R H R V H F
 L H I I Y N T N I G H N E D E S F M T T A W Y V A
 N N C R W U D H F X C Q N Q V A V C Z Y L P L A Y
 X S H I F B S S U P W E W S K X T H V S L I F Y O
 L P I T Q V K Y L S N I J E W I S H T E A Y L S U
 B V S P D F X D E X N U K S Z F G O C A H V K Y J
 W X E Z L U A L D R H T N O Z F F R C K B J L E V
 L Z W R A Z R R T Y I A K P Q W N V A T J L G V B
 L C R U Y N T U J D I M V X L T F W O P O Q E A T
 R G X T Y V X Z Y U X U R L P U M M O I E V F E K
 G G L K Z U S W L X O O B D O D G W J P R E D I R



Meditation	Beautiful	Community	Shabbat
Challah	Candles	Dinner	Raisin
Compost	Jewish	Spirit	Family
Unplug	Enjoy	Table	Party
Light	Relax	Great	Food
Grape	Fest	Host	Sing
Hope	Play	Big	Rest
Eat			



How does a JEWISH ROCK STAR celebrate Shabbat? The Great Big Jewish Food Festival asked ShirLaLa to tell us about her Shabbat table. Click on the screen below to see the special video she made just for you!



Relax your brain with coloring



Get your colored pencils!

Print this page and get into the flow of the colors, the beauty of the table, the glory of the hammock and the tastes, smells and sounds of this outdoor feast!

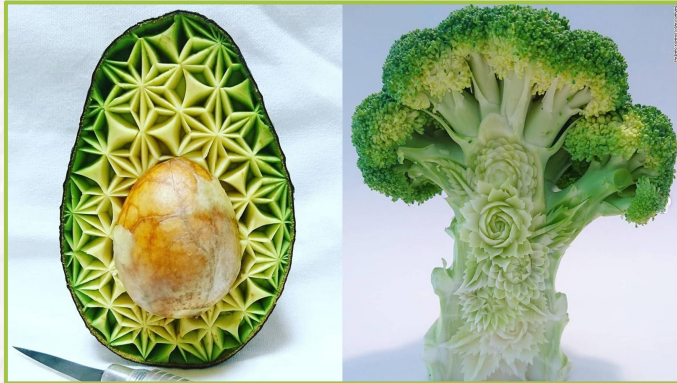
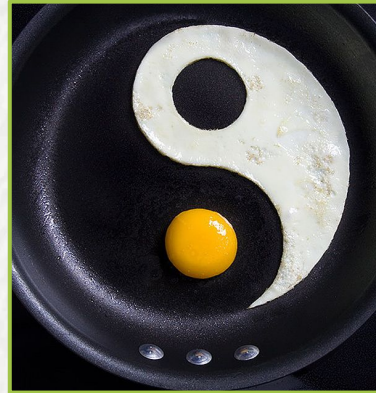
Grow a Garden with Kitchen Scraps



Click on the screen for the Video!

Food Art Gallery Tour

Which picture did you notice first?
Could you make your own food art?
Which picture is the most yummy looking?
Which picture is the most relaxing?



Food Family Tree



Many families have **precious recipes** that have been passed down from generation to generation. Maybe it is a special dish that an older relative made for every holiday, or a **favorite memory** of eating something delicious as a family. We like to make Family Trees to represent all the roots of our families. We use terms like **tree and roots** to acknowledge the ways that our families anchor us while encouraging growth and renewal.

As **Shabbat Host**, try interviewing family members (in person, over the phone/video call, or by email) to understand the **food roots** of your family. You can also try thinking about the foods you ate when you were small, how did they shape your tastes now that you are older? Ask the grownups around you the same question. Maybe someone loves **spicy food**. Maybe someone has **sweet tooth**. What are the origins of those preferences? Start brainstorming what kinds of food questions you want to ask yourself and others.

Food Family Tree Interview

Who are the
best cooks in
our family?

What are
our "family
foods"?

What is your favorite
family recipe and
why?

Do we have any
food holiday
traditions?

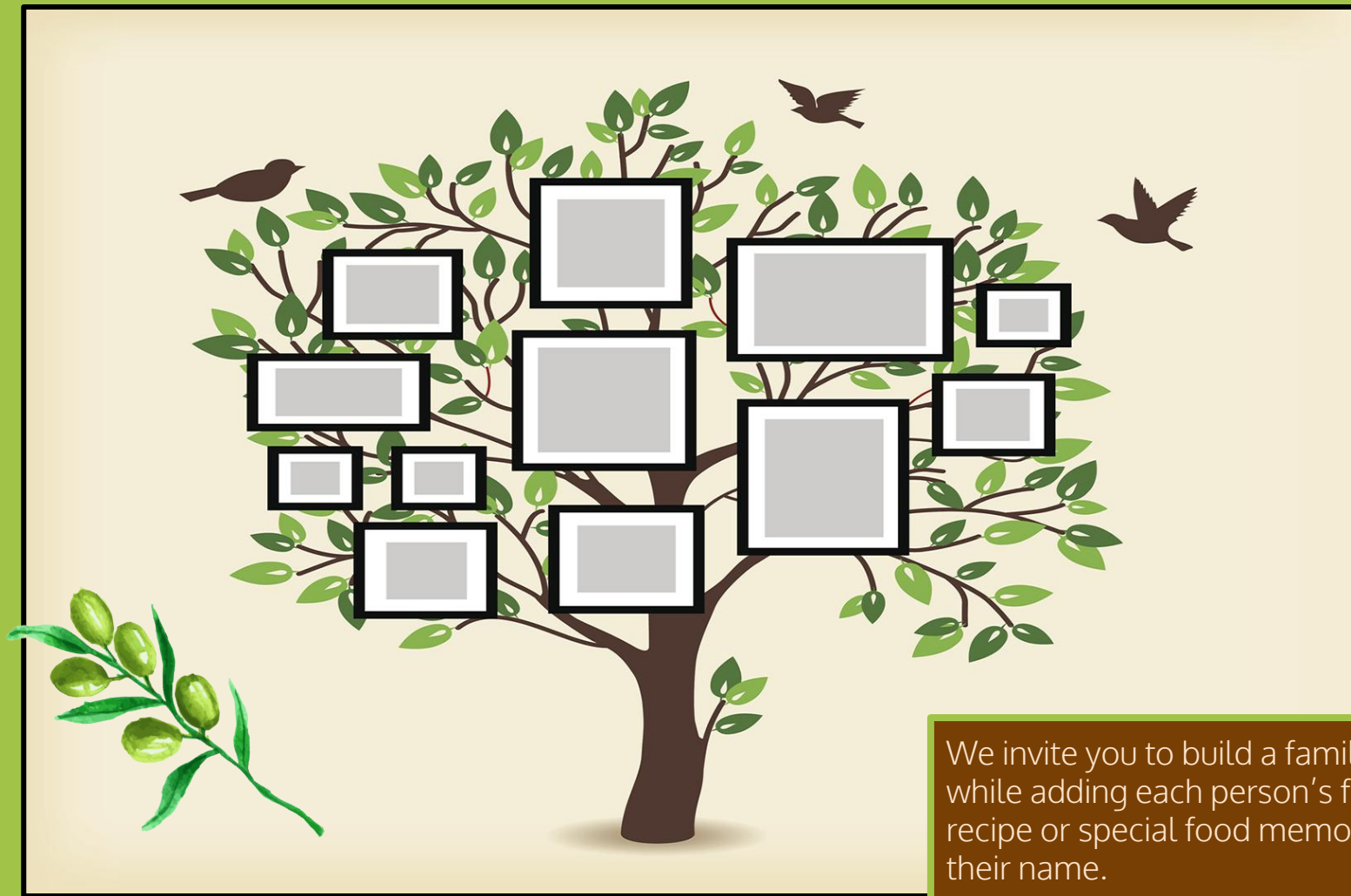
Do we have
special food
memories?

What is the oldest
recipe in our
family and what
is its story?

Do you have any
memories of learning
to cook? Or of
trying a new food?

Complete this
sentence "Family
food is _____"





We invite you to build a family tree while adding each person's favorite recipe or special food memory under their name.

Test your Knowledge

How well do you know these Jewish foods?



Write the letter of the correct match next to each problem.

Created on TheTeachersCorner.net Match-up Maker

1.	_____ challah	a. smoked pink fish thinly sliced
2.	_____ hamantaschen	b. stewed fruit and vegetables in a sweet glaze
3.	_____ gefilte	c. flaky dough filled with fillings like spinach or potato
4.	_____ latkes	d. baked eggs in tomato sauce
5.	_____ lox	e. triangular filled-pocket cookie,
6.	_____ shakshuka	f. fried potato pancakes
7.	_____ hummus	g. Moroccan fish in spicy tomato sauce
8.	_____ bourekas	h. ground chick pea with lemon, garlic and tahini
9.	_____ macaroons	i. shredded coconut cookies served on passover
10.	_____ gelt	j. ground fish balls served with horseradish
11.	_____ tzimmes	k. braided shabbat bread
12.	_____ chraime	l. thin chocolate candy in gold foil

Make Challah in a Bag



Click on the screen for the Video!



Sad that Shabbat has to End?

We have a ritual for that!
It is called Havdalah

Havdalah, or “separation” in Hebrew, is Shabbat’s closing ritual, when three stars appear on Saturday evening. In a simple multi-sensory ceremony, with blessings over lights, wine or grape juice, and spices, Havdalah is an inspiring way to end Shabbat and start the new week as a family.

SET UP

- A cup of grape juice or wine
- Pleasant-smelling spices (like cloves)
- A multi-wick candle (a braided candle or any two candles held together)



The Havdalah Ceremony

Dividing the Sacred from the Mundane

The content of the Havdalah ceremony forces us to contemplate the many ways that Shabbat is unique and different from the rest of time. The *Havdalah* (from the word "to separate") ceremony is recited at the end of Shabbat to mark the division between the departing sacred Shabbat day and the ordinary weekday, *yom khol*, that is about to begin. In Jewish liturgy it refers to the separation of the sacred from the mundane, the holiness of the Sabbath day from the ordinary days of the week. This is one of the earliest blessings in Jewish tradition.

Opening Scripture

Outside the synagogue the Havdalah ceremony begins with the recitation of a number of biblical verses praising God.

Behold, God is my savior, I will trust God and not be afraid, for my strong faith and song of praise for God will be my salvation. You will draw water joyously from the wellsprings of salvation. (Isaiah 12:2-3)

Salvation is the God's; may Your blessing rest upon Your people, Selah. (Psalms 3:9)

The Sovereign of the universe is with us; the God of Ya'akov protects us, Selah. (Psalms 46:12)

The Jews had light, happiness, joy and honor (Esther 8:16); may we have the same.

(Lifting the cup of wine) I will raise the cup of salvation and call out in the name of God: (Psalms 116:13)

Hinay, El yishu'ati evtach velo efchad,
ki azi vezimrat Yah, Adonai, va'yehi li lishu'a.
U'she'avitim ma'yim besason, mima'a'yenay ha'yeshu'a.
Al Adonai ha'yeshu'a, al amkha v'irchatekha, Selah.

Blessing over the wine

Wine was always considered special and, just as we bring in the Sabbath with a blessing over wine, we affirm, with this blessing, that the Havdalah ceremony also has great significance. A verse in Proverbs says, "Wine will gladden the hearts of humanity." We now say the blessing, but do not drink from the cup at this time:

Blessed are You, Adonai our God, Ruler of the universe,
Who creates the fruit of the vine.

Blessing over the spices

There is a Talmudic tradition that every Jew is given an extra soul on the Sabbath, and when the Sabbath is concluded that extra soul is removed. The fragrance (*M'samim*) of herbs, according to some opinions, is savored to revive us from the loss of the extra soul. The following blessing is said upon inhaling the scent of the spices:

Blessed are You, Adonai our God, Sovereign of the universe,
Creator of various sweet fragrances.

הנה אל ישועתי. אבטח ולא אפחד.
כי עזו וזמרת יהוה יי ויהי לי לישועה.
ושאבתם מים בששון ממעיני ה'ישועה.
לוי ה'ישועה על עמך ברכתך סלה.
וי צבאות עמנו משגב לנו אלהי יעקב סלה.
ליהודים היתה אורה ושמחה וששון ויוקר.
כן תהיה לנו.

בוס ישועות אשא ובשם יי אקרא:

Adonai Tzeva'ot imanu, misgav lanu, Elohay Ya'akov, Selah.
La'yehudim ha'yetah orah vesimcha vesason vikar,
kayn te'hi'yeh lanu.
Kos yeshu'ot esa u'veshaym Adonai Eka.

ברוך אתה יי אלהינו מלך העולם.
בורא פרי הגפן.

Barukh atah, Adonai Eloheinu, melekh ha-olam,
borei p'ri ha-gafen.

ברוך אתה יי אלהינו מלך העולם.
בורא מיני בשמים.

Barukh atah, Adonai Eloheinu, melekh ha-olam,
borei minai v'samim.

Good Eating!



Hebrew (b'tayavon) בתיאבון

French Bon appétit!

Yiddish (Es gezunterheyt!) עס געזונטערהייט

Zulu Thokoleza ukudla!

Arabic (bil haná wal shifá) بالهناء والشفاء / بالهناء والشفاء may you have your meal with gladness and health

Tagalog Tayo'y magsikai;Kainan na!- Let's eat

Spanish ¡Buen provecho!¡Buen apetito!

Turkish Afiyet olsun!

Russian Приятного аппетита! (Priyatnogo appetita)

**Shabbat
Shalom!**