

PRAYER & ACTION AGAINST HUNGER

ACTION GUIDE

Read the 10 Commandments of Food and considering taking action with your community in the following ways:

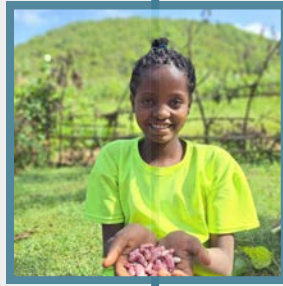
REFLECTION + ACTION 1

REFLECTION QUESTIONS

How easy was it to source a full meal using local ingredients? Which ingredient travelled the furthest to get to your table? Where did it come from? What does this tell you about the food system?

TASK

Visit a local farm or small producer in order to learn about their role in the food system of your area. If appropriate pray for them.



COMMANDMENT

1. Give thanks for the food you eat.
2. Eat food grown as close as possible to where you live.

MEAL

Prepare and eat a meal where as many as the ingredients as possible have been produced within 100km of your home. During the meal spend time giving thanks for all those involved in getting the food and meal to your table.

REFLECTION + ACTION 2

REFLECTION QUESTIONS

What drew your attention as you shared a meal in silence?

TASK

Research and read about malnutrition and it's root causes in your country or region.



COMMANDMENT

3. Strive for all people to have knowledge about and access to affordable, nutritious food
4. Eat mindfully and in region moderation.
5. Do not waste food.

MEAL

Prepare a simple nutritious meal where the is sufficient for everyone to have enough. Eat the meal in silence and mindfully with others and reflect on this once the meal has been completed.

REFLECTION + ACTION 3

REFLECTION QUESTIONS

What do you know about how farm and food workers are treated where you live?

TASK

See if it is possible to interview (or read an interview) with a person who works on a farm or in food production. Ask them about their lives and what their work entails?



COMMANDMENT

6. Be grateful to those who grow and prepare food for your table
7. Support fair wages for farm workers, farmers and food workers.

MEAL

During the meal, speak of all those involved in growing, producing and manufacturing the ingredients for your meal. What do you know of how they are treated and paid? Spend time giving thanks for them

REFLECTION + ACTION 4

REFLECTION QUESTIONS

What is the environmental impact associated with food production? How can you limit the impact of your food and food habits on the environment?

TASK

Plant seeds for vegetables and fruits in a locally available plot of land, or in your home / roof or balcony, using containers. Care for these until they are ready for harvest. Also consider composting of the vegetable waste.



COMMANDMENT

8. Reduce the environmental damage of land, water and air from food production and the food system
9. Protect the biodiversity of seeds, soils, ecosystems and the cultures of food producers

MEAL

Prepare and eat a meal made from fresh and diverse ingredients with as little waste as possible.

REFLECTION + ACTION 5

REFLECTION QUESTIONS

What is one change in your life around food that you'd like to change in the next year?

TASK

Develop and sustain relationships with the people you have shared the meal with.



COMMANDMENT

10. Rejoice and share the sacred gift of food with all

MEAL

Share a meal with people you wouldn't usually eat with. Get to know your guests and learn more about their lives their joys and challenges. Learn from their experiences. When the disciples invited Jesus on the road to Emmaus and shared the meal, their hearts and eyes were opened to see God. Reflect on ways in which you can get involved in ensuring just and equitable access to food for all people.



**PRAYER & ACTION
AGAINST HUNGER**