

## Faith-Based Study Guides and Curriculum

Please note that many of these study guides are free and available to download on the internet. Those which are not free are usually fairly inexpensive to purchase, and we may be able to help you [cover the cost of some materials](#). We have designated these with a \$-sign.

*(The Baltimore Food and Faith Project has copies of those curriculum bolded below that we are happy to lend out.)*

### For Adults and/or Youth

#### *Christian/Ecumenical*

- **[Animal Crackers: A Global Education Resource for Children, Youth and Adults](#)**, by Heifer Project International is for people of all ages. An exciting educational and fundraising program featuring five sessions for each age group, it contains information on the topics of: Hunger and the Bible, Animals, People and their Needs, Land and the Environment, and Passing on the Gift .Designed to enhance your vacation Bible school, church school or other educational program, Animal Crackers allows students to raise money to send a heifer, sheep, goat, water buffalo, flock of chicks or other animals to a struggling family. FREE.
- **[Blessing the Hands: A Farmworker Curriculum](#)**, by the National Farmworker Ministry is a seven-session Christian curriculum designed for adult and high school groups, Sunday Schools, or Bible studies. The curriculum guides you in learning about and reflecting on farm worker issues in the context of biblical values and in exploring how you can be a part of the farm worker movement for social justice. FREE.
- **[Fair Food – High School Version](#)**, by Rick Osmer and author Carol A. Wehrheim, Princeton Theological Seminary, this version is designed for high schoolers. Students are introduced the situation of the [Immokalee workers](#) and the injustices surrounding it and are challenged to hear God's call to do justice, and respond. FREE.
- **[Fair Food – Family Version](#)**, by Rick Osmer and author Carol A. Wehrheim, Princeton Theological Seminary, this version enables families to become more aware of the campaign by farm workers for better wages and treatment by fast-food companies and to become partners with the families of farm workers in working for justice. FREE.
- **[Faith: As if Food Matters](#)**, by Canadian Foodgrains Bank is a 6 week Study Guide for Ages 15 and Up, designed to invite conversation about Food Justice. Each session includes an

introduction, a 7-10 minute DVD clip , as well as a suggested passage of scripture, reflection questions and group learning, prayers, various quotes, graphs and short stories, and take away activities for individuals and families at home. FREE.

- [\*\*Food and Faith: Justice, Joy and Daily Bread\*\*](#), by Michael Schut, Earth Ministry, is a book which includes essays from Wendell Berry, Vandana Shiva, Eric Schlosser, and others as well as a Study Guide that accommodates four, six, or eight sessions of group study. Discussion questions, prayers and other meditative materials, and suggested action steps are provided. \$
- [\*\*Hunger in a World of Abundance\*\*](#), by Canadian Foodgrains Bank is a 6-lesson guide designed for people of faith who are willing to discuss hunger issues, perhaps for the first time. Use this study guide for Adult or Youth Sunday School, small groups, retreats, etc. FREE.
- [\*\*Just Eating: Practicing Our Faith in the Kitchen\*\*](#), by the Presbyterian Hunger Program is designed for high schoolers and adults and aims to bring into dialogue daily eating habits, the Christian faith and the "needs of the broader world." Scripture, prayer and stories from the local and global community are used to explore four key aspects of our relationship with food: the health of our bodies, the health of the earth that provides our food, the ways we use food to extend hospitality and enrich relationships, and the challenge of hunger. FREE.
- [\*\*Sacred Food Youth: Sunday School and Group Activities\*\*](#), by the National Council of Churches Eco-Justice Program considers that food is not merely fuel for our bodies, but a miraculous result of the mingling of sun, rain, soil, and seed. These lessons are intended for use in Sunday School classroom or as youth group activities. FREE.
- [\*\*Simply in Season\*\*](#), by Rachel Miller Moreland, Mennonite Central Committee, is designed to lead adult or intergenerational Sunday school classes or small groups on a path to connecting food and faith by exploring the value of eating local, seasonal food. FREE.
- [\*\*The Eighth Day Project: Sacrament and Sustenance Section\*\*](#), (pages 14 to 18) by Progressive Christians Uniting contains relevant biblical passages, thought questions, and action ideas for adults. FREE.

#### *Jewish*

- [\*\*Food for Thought: Hazon's Curriculum on Jews, Food & Contemporary Life\*\*](#), by Hazon is a 130-page sourcebook-style curriculum that draws on a range of texts from within and beyond Jewish traditions to explore a range of topics relating to Jews and food. \$

### *Interfaith/Other*

- [Ethical Eating: Food and Environmental Justice Study Guide](#), by the Unitarian Universalist Association of Congregations has a suggested congregational study plan, resources, and other information.
- [The Land Stewardship Project Congregational Toolkit](#) contains videos, resource materials and activities for small and large group gatherings with a focus on building healthy communities by linking people with their food, the land and each other. Also included are suggestions for involving individuals and congregations in supporting a local food system while helping those with special needs in their community. \$

### **For Children**

#### *Christian/Ecumenical*

- [Animal Crackers: A Global Education Resource for Children, Youth and Adults](#), by Heifer Project International is for people of all ages. An exciting educational and fundraising program featuring five sessions for each age group, it contains information on the topics of: Hunger and the Bible, Animals, People and their Needs, Land and the Environment, and Passing on the Gift. Designed to enhance your vacation Bible school, church school or other educational program, Animal Crackers allows students to raise money to send a heifer, sheep, goat, water buffalo, flock of chicks or other animals to a struggling family. FREE.
- [Fair Food – Children’s Version](#), by Rick Osmer and author Carol A. Wehrheim, Princeton Theological Seminary, this version is designed for Kindergarten to 5<sup>th</sup> grade students. Children learn about the Presbyterian Church (U.S.A.)’s Campaign for Fair Food, an initiative which challenges all of us to work together with farm workers to make sure fast-food companies ensure the human rights of farm workers how pick their produce. FREE.
- [Food for All: A Buffet of Ideas about Hunger](#), by Canadian Foodgrains Bank is a six lesson set designed for children in church/Sunday schools. FREE.
- [Just Eating: Practicing Our Faith at the Table Middle School Version](#), by the Presbyterian Hunger Program will help young people better understand the relationship between our faith and our food. Drawing on Jesus’ story and the rituals of the Christian faith, this curriculum looks at four interconnected aspects of our lives with food: 1) How food choices affect our health, 2) How our choices affect the earth, 3) How our choices affect others, and 4) How we use food to create friend and family bonds with others. Through activities, Bible stories and illustrations in story, song and

screen, middle school groups will be challenged to think about each of these areas, to see how they relate to each other, and to consider what our choices have to do with our faith. Middle schoolers will try new foods and new faith practices related to food, and consider what changes they might make individually and as a group. FREE.

*Jewish*

- [Min Ha'Aretz: Jewish Food for Thought, Hazon's Family Education Initiative](#) by Hazon, is a three-part family education initiative for day schools comprised of a curriculum for students, a related beit midrash for adults, and a joint family-education program. Min Ha'Aretz uses food and Jewish tradition as focal points to create innovative programming for Jewish grade school children and their parents. It aims to strengthen intra-family conversations about food, Jewish tradition, and the world around us. \$