Table of Plenty

When you reap your harvest in your field and forget a sheaf in the field, you shall not go back to get it; it shall be left for the alien, the orphan, and the widow, so that the Lord your God may bless you in all your undertakings. When you beat your olive trees, do not strip what is left; it shall be for the alien, the orphan, and the widow. When you gather the grapes of your vineyard, do not glean what is left; it shall be for the alien, the orphan, and the widow. Deuteronomy 24:19-21

Introduction
Anyone who have ever grown plants, helped with buying groceries, cooked food or bread, or laid the table for a meal probably know something very important about food: it takes time, a lot of work, and many kinds of skills to grow food, prepare it, and make meals special.

Remember also that every meal is a feast when we say thanks in our hearts for all the caring and good work that goes into making it. It is our thanks that helps to spread the joy of eating. Indeed, that is just what God asks us to do. We are called to share the food, the joy, the hard work with all kinds of people, the ones whom we already know, the ones that we are getting to know, and the ones that we might never meet.

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Prayer

Prayer for Those Who Hunger

God, we thank you for the bounty of the earth that brings forth all sorts of healthy food for us.

Yet we know that many among us are still hungry, not because there isn’t enough to eat, but because people don’t always do a good job of sharing.

Please be with those who are hungry. Give them strength as they struggle, And help our leaders learn how better to fill their stomachs.

Please be with those who do have enough to eat Help them to always remember those who do not, So that they might better appreciate Your gifts of nourishment And use their energy to help those who are in need.
Song

Come and Go With Me

Come and go with me to that land
Come and go with me to that land
Come and go with me to that land
Where I’m bound

There’ll be freedom in that land
There’ll be freedom in that land
There’ll be freedom in that land
Where I’m bound

There’ll be justice in that land
There’ll be justice in that land
There’ll be justice in that land
Where I’m bound

There’ll be singin’ in that land
There’ll be singin’ in that land
There’ll be singin’ in that land
Where I’m bound

There’ll be lovin’ in that land
There’ll be lovin’ in that land
There’ll be lovin’ in that land
Where I’m bound

There’ll be no hunger in that land
There’ll be no hunger in that land
There’ll be no hunger in that land
Where I’m bound

To hear the melody for this song, visit YouTube. (Words are slightly different than our version printed here.)

Adapted from a traditional Black spiritual.
Play Dough Pizza

This activity will help the group reflect together on what they are learning through their various activities. The play dough can be made in advance, or if there is enough time in the day, the children can help make the play dough.

Time Needed: 1 hour

Materials: Kool-Aid Play Dough
- 1 cup flour
- 1 cup water
- ½ cup salt
- 1 Tbsp. cream of tartar
- 1 package Kool-Aid Mix (any flavor of unsweetened)
- 1 tablespoon cooking oil
- Large piece of cardboard to make a template

Preparation:
- Create a template for the pizza ahead of time. Cut a round piece of cardboard into enough pieces so that every child will have her/his own piece. Feel free to cut them not like a traditional pizza, but more like puzzle pieces so that they will only go together one way.

Instructions:
1. Mix dry ingredients together in a large saucepan. Slowly add water mixed with oil and stir over medium heat until mixture thickens to dough.
2. Turn out onto a heatproof bread board or counter top and knead until cool enough for children to handle. Dough will be the color of the Kool-Aid mix and will smell like the Kool-Aid mix. The play dough can be stored in a tightly covered container for up to six months.
3. Give each child a cardboard template and a lump of play dough about the size of a tennis ball.
4. Tell the children that their task is to each make a piece of the pizza with their play dough that shows something they have learned at the camp. Emphasize that there is no right or wrong way to make your piece of pizza, it just needs to use the space on their cardboard template.
5. Allow children time to experiment with their play dough and ultimately form their piece of pizza on top of the template. Once everyone has finished, let them put the pizza puzzle together and allow each child the chance to share something about their piece.
6. The pizza can either be disassembled, taken home in pieces, or left whole to dry and harden.

Adapted with permission from Different Tracks Experiential Learning, Corrymeela Community: corrymeela.org
Costume Relay

This game is a silly interlude between some of the more serious activities that you might be doing. To enhance the silliness, consider having the adults participate, too!

**Time Needed:** 30 minutes

**Materials:**
- 2 to 3 silly costumes with the same number of clothing pieces/accessories

**Instructions:**
1. Make sure that each costume set has the same number of clothing pieces/accessories. So each costume should have a hat, a shirt, pants, a mask, gloves, etc. The costumes don’t have to match exactly, but they need to be equally as difficult to get on and off.
2. Divide the entire group of children into 2 or 3 smaller groups of 6 to 10 children each.
3. Explain to the children that for this relay race, each child must take a turn running a set distance away from and back to their team while wearing their team’s costume. Before the next child in line can start their turn, the previous runner has to take off their item of the costume and the next runner must have each item on.
Fruit Kebabs

Makes 10 servings.

Time Needed: 10 minutes

Ingredients:
- Fruits in season: (1 cup for children up to age 5; 1 1/5 cups for ages 6 to 12)
  - Apples (July – November)
  - Blackberries (late July through mid-August)
  - Blueberries (July and August)
  - Cherries (July)
  - Melons (July through October)
  - Peaches (July through September)
  - Plums and Pluots (August and September)
  - Raspberries (July through September)
  - Strawberries (June)
  - Watermelons (August through October)
- 10 tsp lime juice
- Bamboo skewers - make sure that you trim the sharp ends of the sticks with scissors, especially if you are serving children

Instructions:
1. Cut up the fruit.
2. Put all the fruit into a large bowl and pour the lime juice over the fruit.
3. Thread 5 to 6 pieces of fruit onto each stick.
4. Put the kebabs on a plate and refrigerate if not serving right away.

COMPLETE THE SNACK:
Serve with ½ cup of yogurt.
Make a Recycled Bird Feeder

Time Needed: 1 hour

Materials:
- Recyclable 1 liter soda or water bottle
- Wooden spoon
- Bird seed
- Wire to hang the bird feeder
- Eye screw

Instructions:
1. For this design, start by drawing a 1/2-inch asterisk on the side of a clean 1-liter soda or water bottle, about 4 inches from the bottom. Rotate the bottle 90 degrees and draw another asterisk 2 inches from the bottom. Draw a 1-inch-wide circle opposite each asterisk, as shown.
2. Then, use a craft knife to slit the asterisk lines and cut out the circles (this should be done by an adult). Insert a wooden spoon handle first through each hole and then through the opposite asterisk, as shown.
3. Fill the bottom of the feeder with birdseed mix. (You can make your own mix by combining a variety of nuts and seeds, such as sunflower seeds, millet, thistle seeds, and yellow corn.)
4. Remove the bottle cap and twist a small eye screw into the top of it for hanging.
5. Then hang the feeder with wire in a spot that’s easy to view but far enough away from fences or posts to stop predators.

Note: You can also use a wooden dowel in place of the wooden spoon. If you do use a dowel, just make sure that the size of the holes you make are snug around the diameter of the dowel. If the holes are too large, the dowel will continually slip out; too small, and you won’t be able to fit the dowel through the bottle.

Adapted with permission from Do512 Family.
Rainbow Salad

Makes 10 servings.

Time Needed: 30 minutes

Ingredients:
- 2 ½ cups of red cabbage and green cabbage
- 2 ½ cups of mandarin oranges
- 1 ¼ cups of blueberries
- 1 ¼ cups of shredded carrots
- 1 ¼ cups of raisins
- 1 ¼ cups of spinach
- Dressing of your choice. Coleslaw dressing or poppyseed are two good choices.

Instructions:
1. Mix all the ingredients in a bowl.
2. Add your dressing.
3. Place the salad in the fridge until you are ready to serve the salad.

COMPLETE THE MEAL:
Serve with cheese and crackers.
Food Mapping Activity (5 – 7 year olds)

Time Needed: 45 minutes

Materials:
- Labels from food products such as vegetable soup, macaroni and cheese, frozen dinners, etc.
- Magazines with pictures of farms, trucks and ships, prepared foods and people eating, and farm animals.
- Construction paper
- Scissors and glue sticks

Instructions:
1. Split the students into small groups.
2. Each group gets a food label.
3. Ask the group to use magazine pictures to create a “map” of where their food came from on construction paper. Farm pictures, pictures of transportation like trucks and ships, and pictures of prepared foods and consumers will all be important aspects of the maps.

*Students could also do this activity as individuals instead of in small groups.
Food Simulation Activity (8 – 11 year olds)

Time Needed: 1 hour

Materials:
- Seeds
- Double-sided copy of the worksheet on page D-12 (two copies so that the simulation can be done twice),
- Construction paper “fields” and “seed bank” (optional)
- Containers (little jars or bowls, etc.) for holding seeds
- Ziploc bags

Instructions:
1. Students should be split up into groups of four. Each group gets 160 seeds. (Use large seeds like melon or bean seeds as they are easier to grab and count.) Count the seeds out beforehand and have them in Ziploc bags. (If it’s not exactly 160 it’s okay – the exercise still works.) Tell the students to leave the seeds in the middle of the group. Don’t tell the students how many seeds there are to begin with.
2. Give the following directions: “Each one of you is a farmer. The simulation will be four rounds long, each representing a yearly planting season. The seeds are annuals, meaning that they must be planted every year to be harvested every year. (The other type of plants are perennials, which come back every year). To make enough money for the entire community to retire, forty seeds need to be planted every year for four years. Individual farmers can retire if they plant twenty seeds a year for four years. The community seed bank has a limited number of seeds. Since it is an ungoverned body, it is up to each community of farmers to distribute the seeds.”
3. For the first try, don’t allow the students any time to discuss. Immediately start all four rounds, announcing each round and then allowing the students to grab the seeds they think they will need for that year. Have the students count the seeds after each round and one student from each group keep track on a piece of paper. (See the worksheet). Used seeds from each round stay in a container near each farmer; they don’t go back to the community seed bank in the middle of the group. Usually on the first try, the community will run out of seeds after the first or second planting season.
4. After the first four rounds, ask the following questions:
   - What happened to the community seed bank?
   - Is anyone able to retire? (Did anyone succeed in planting twenty seeds a year for four years?)
   - If we play again what can we do differently?

(continued on next page)
Food Simulation Activity (continued)

5. Allow each group to discuss a plan for the next four rounds. Walk around to the different groups and observe the discussion. If a group is stuck, make suggestions about how they can make a plan so that the community does well as a whole. (The simulation works out perfectly if every farmer takes only ten seeds each, or takes any combination of seeds so that only forty seeds are taken each round). This requires some basic math by the students, often forgotten in the struggle for leadership and making a plan. Depending on the age of the students, have them write down their plan. If there are multiple plans proposed, have them vote or do rock-paper-scissors to decide which plan to use.

6. If this is too easy (if they easily figure out only to take forty seeds a year) the second round can be made more complicated by adding an extra rule: the soil quality is depleted after one year so any one farm can’t be used two years in a row. This will require them to plan out a rotation schedule for the four rounds. This rule is appropriate for older students; if there are multiple ages in one lesson, the students can be split up into groups based on age and this rule can be added for only the older groups.

7. Start the next four rounds, announcing each round and allowing the students to distribute the seeds amongst themselves. Hopefully each group will have a plan that allows the seeds to be distributed more equally, both between the students, and between the four rounds.

8. Then ask:
   - What happened during the second simulation? What did you do differently?
   - What happened to the community seed bank this time?
   - What was each group’s plan? If the plans were different, was any one plan better than any other?
   - Was this simulation better or worse for the community as a whole?
   - How many farmers were able to retire this time? (It might not be everyone if there were fewer than 160 seeds.) If not everyone was able to retire, is it still better to have some successful farmers in the community? If yes, how come?
   - How is this like the real world? How is it different?

Optional Ending for Lesson: Actually plant the seeds with the students.

(continued on next page)

Adapted with permission from the Global Youth Leadership Institute
**Food Simulation Activity**

Keep track of the number of seeds each farmer has at the end of each round using the spaces below.

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<tr>
<th></th>
<th>Farmer 1 Name:_____</th>
<th>Farmer 2 Name:_____</th>
<th>Farmer 3 Name:_____</th>
<th>Farmer 4 Name:_____</th>
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<tbody>
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Storytime

**Whose Garden Is It?**
by Mary Ann Hoberman

The gardener says the garden belongs to him. But the woodchuck insists that it’s his. And so do the rabbit, the butterfly, the squash bug, and the bumblebee. Even the tiny seeds and whistling weeds think the garden just couldn’t grow without them. As they stroll through the exquisite plants and flowers, Mrs. McGee and her child listen and wonder: *Whose garden is it?*

**Just Enough and Not Too Much**
by Kaethe Zemach

For cheerful Simon the Fiddler, there’s no such thing as too much. If he hugs one teddy bear, then he will surely love three bears three times more. And if he has four chairs, then a fifth and sixth will give him that many more places to sit. It’s not until his possessions crowd him out of his cottage that he realizes what will really make him happy -- and it’s not something that can be measured in numbers; it’s giving things away to his friends.
Rainy Day Option: All You Need Is...

Use this activity to see how imaginative your group can be about ending world hunger.

**Time Needed:** 30 minutes

**Materials:**
- A small ball that the group can easily throw to each other

**Instructions:**
1. With a ball, ask the group first, “All you need to make the baseball team is…..” (a catcher, a pitcher, a shortstop, a coach, a place to play, bats, balls, etc.)
2. Toss the ball to someone in the group, who gives one answer, and then tosses it to someone else for the next answer. Keep the game going long enough for their answers to start to get creative.
3. Then switch topics. Ask next, “All you need to make a loaf of bread is...” (flour, yeast, water, sugar, herbs, an oven, etc.)
4. When that topic is exhausted, ask, “All you need to end world hunger is...” Be sure to keep the ball going around until you start hearing the root causes! (love, action, knowledge, jobs, living wages, food, concern for the environment, people learning not to be greedy, access to medical care, peace, etc.)
5. Ask the following discussion questions:
   - Of the list of things that it would take to end hunger, what is the easiest thing to do?
   - What is the hardest thing to do?
   - What can you do on your own, from that list, and what will take more people?
   - What keeps us from doing what it takes to end hunger?

Adapted from *Just Eating? Practicing Our Faith at the Table* Middle School Version by the Presbyterian Church USA