



# Advocacy Update

Sent July 13, 2011

## **Plan a “Mindful-Eating” Sisterhood Dinner for the Fall Harvest Season**

We are fast approaching the middle of the summer with a wealth of healthful fresh produce available to us at the farmers’ markets and supermarkets in our communities. But, as noted in our 2009 resolution, “Food Production and Distribution,” poor people in rural areas and inner cities do not have access to fresh fruits and vegetables. Moreover, the weak economy has markedly increased the numbers of hungry families and the related demand at food pantries.

Unhealthful eating and obesity are prevalent. WRJ’s 2004 statement on obesity and nutrition, asserted that “it is incumbent upon the leadership of Women of Reform Judaism to encourage our sisterhoods to recognize the challenge of obesity and inactivity which threatens the health of ourselves, our families, and the people of our nation and to take action to reverse the trend by promoting awareness and improved dietary and physical activity practices.”

The URJ has just introduced "Green Table, Just Table" a biennial ethical eating initiative which can enable you to help your members “commit to ‘carefully, thoughtfully, Jewishly’ make healthy and sustainable food choices through education, programming, and advocacy.” The "Green Table, Just Table" website has an extensive menu of possible programs for the holidays that you could adapt for your sisterhood.

You could hold a sisterhood opening dinner or lunch with a program focused on food issues and mindful eating. Plan a menu of healthful foods with plenty of locally grown fruits and vegetables and invite a nutritionist or the person who runs the local food pantry or farmer’s market to speak. Ask members to bring cans of healthful foods (low salt/low fat/ no high fructose corn syrup) in advance of the event and use them to make table centerpieces. Following the event deliver them to the food pantry. Several sisterhoods and districts have held events with a variety of these elements. Combine them for a powerful program!

October 24 is the first "Food Day" an effort to increase North American awareness of the food issues of health, access, and sustainability. WRJ has signed on to be a Food Day partner, and your sisterhood can join the effort by holding a mindful-eating or other food event on that day.

December 14 – 18, 1011 are the dates of WRJ's 48th Assembly, Many Dreams: One Vision. A resolution on hunger, food issues, and sustainability will be among those discussed. Add your voice to our deliberations. We look forward to seeing you there.

*For more information on WRJ and Social Justice, visit [www.wrj.org/social-justice-home](http://www.wrj.org/social-justice-home)*