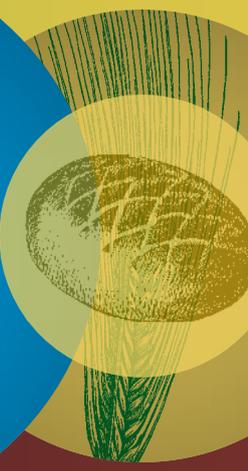
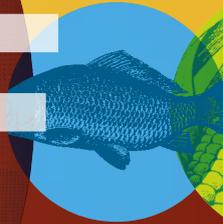


FOOD



Learning Food

How does our relationship with food define us as human beings and as Jews? How does it connect us to God, to nature, and to one another? What is the purpose of the spiritual and ritual practices that surround eating and drinking? What does our tradition have to say about the problem of hunger and the paradigm of sustainability? What does God have for breakfast? Is there such a thing as a free lunch? What is food justice? And what does *tikkun olam* have to do with it?

These questions, and many more, led us to choose a topic for this year's Limmud Chavruta book which has obsessed the Jewish people since time immemorial – **Food**. Over the four sections of this book, you will have the chance to explore the role food plays, both in the history of Jewish thought and in your own daily life, on a personal, communal and global level.

There is a vast body of Jewish source material about food, and the Chavruta Project team has been working hard for the past year to cut it down to bite-sized portions. The bulk of this book is made up of traditional Jewish sources (on the right hand pages) and other, non-traditional and sometimes non-Jewish sources (on the left hand pages). We have also included **Points to consider**, as starting points for discussion, and multiple suggested paths through the book, via the **Connections**, which we hope you will find useful. However, there are myriad ways to study with this book, and if our questions or connections aren't your cup of tea, feel free to ignore them!

We have been lucky again this year to have collaborated with four incredible teams, comprised of

volunteers from around the Limmud globe. All of them, but particularly the team leaders, deserve the lion's share of the credit for producing this book. You will notice that each section has its own particular style and its own distinctive message, as designed by each team. We are proud that this project is truly international, and hope that everyone studying it will benefit from this cosmopolitan authorship.

Section One, 'Food and Spirituality', led by David Biton with Hertzel Havosha and Merav Arbel, reflects upon the deeper value of eating and feeding.

Section Two, 'Food and Ritual', Réka Bodo with Rena Bannett, Yuval Katz and Jeremy Tabick, explores the function of food customs, practices and prohibitions.

Section Three, 'Food and Hunger', led by Ellen Flax with Jordan Helfman, Karen Radkowsky and Mark Clamen, considers the role of hunger and the obligation to feed the hungry.

Section Four, 'Food and Sustainability', led by Adam Frankenberg with Tikva Blaukopf, investigates models for achieving food sustainability.

We would like to say a huge thank you to everyone who has had a part in bringing the international Limmud Chavruta Project 2014 together.

In addition to the team members listed above, we would like to thank Lindsey Taylor-Guthartz for proofreading the English text; Yuval Keren for setting and proofreading the Hebrew text; Robin Moss for detailed feedback; and Uri Berkowitz of Maven Design for the graphic design of this book. Last but not least, we would like to thank all of the wonderful people who agreed to present and facilitate Chavruta sessions at Limmud Conference 2014, as well as all of you who came along to learn. Limmud exists because of all you amazing participants and volunteers!

The aim of the Limmud Chavruta project is to present Jewish perspectives on a topic that will capture the imagination of all Jews. We hope that the theme of Food will both inspire and enthuse people to learn, and provide the space and energy for discussions that are truly *l'shem shamayim* (for the sake of heaven), but also give people the tools to consider and reflect upon their own relationship with food.

**Robin Cooke and Sam Grant
Chairs, Chavruta Project 2014**



What is Limmud?

Based in the UK and founded over 30 years ago, Limmud (the Hebrew word for 'learning') is a global leader in innovative, inclusive Jewish education.

The widely acclaimed winter Limmud Conference is one of the largest international gatherings of Jewish people. Over two and a half thousand people take part in over a thousand sessions over five intense, fun-filled, intellectually-challenging and unforgettable days. As at every Limmud event, presenters give their time and share their knowledge freely.

Limmud events and programmes also include Regional day Limmuds across the UK, a summer festival Limmud in the Woods, emails, podcasts, a Shabbat book and the Chavruta Project.

Limmud International

Limmud is now very much an international movement with volunteer teams planning and running events in over 70 communities around the world.

Limmud set up Limmud International as the body to develop and provide training, mentoring and support for groups around the world. Its vision is that every Jew, wherever they are, will be taken one step further on their Jewish journey.

With shared principles and values, Limmud International encourages and creates common spaces between the different Limmud groups around the world. We are proud that this year's Chavruta Project is again an international collaboration by volunteers from so many Limmud communities. It shows what we can all achieve by working together.

www.limmudinternational.org

The Chavruta Project and Limmud's core values

Chavruta is something that all Limmud events are encouraged to include because it is such a clear example of Limmud's values:

- Chavruta is a model of **learning** which changes people, inspires action and opens new worlds. It is the only model where every participant can be a teacher and a student *at the same time*. This creates a learning environment in which people are able to reflect and grow.
- Chavruta is part of the Limmud community of learning, and embraces its **commitment to community and mutual responsibility**. Chavruta is also a collective experience, through which participants strengthen and develop their Jewish identity, and is therefore a prime example of how Limmud is **expanding Jewish horizons**.
- Chavruta relies on **empowerment**, giving every participant a forum to teach as well as to learn, and **participation**, encouraging participants to play an exceptionally active role in the session. Chavruta is the ultimate form of participatory learning.
- Chavruta is a cross-communal and cross-generational experience, which aims to be accessible to all who want to learn. Chavruta embraces **diversity** and harnesses its power to create profound experiences. In this way, Chavruta is enabling **connections** to be made between individuals from all streams of our community. Chavruta provides a space where participants connect spiritually, emotionally and intellectually.

The real power of Chavruta is that participants can not only take their experiences home but also use the resources and learning model in their own lives and introduce it to the lives of others.



For the full text of Limmud's mission, values and principles, visit: limmud.org/home/mission

Chavruta at Limmud Conference in the UK

The starting point for many learners is the morning Chavruta sessions on Limmud Conference. In recent years, two additional study modes were added to cater for participants who wanted more or less structured learning. There are therefore three study modes available:

- **Guided:** a hands-on facilitator guides participants through a selection of sources by means of group discussion punctuated by opportunities to explore a new text with your chavruta partner;
- **Independent:** an open space for unstructured learning with facilitators available to help out as needed;
- **Traditional:** the original Limmud Chavruta experience – beginning and concluding with a facilitated group discussion and plenty of time in between to learn with your partner, creating your own journey through the texts.