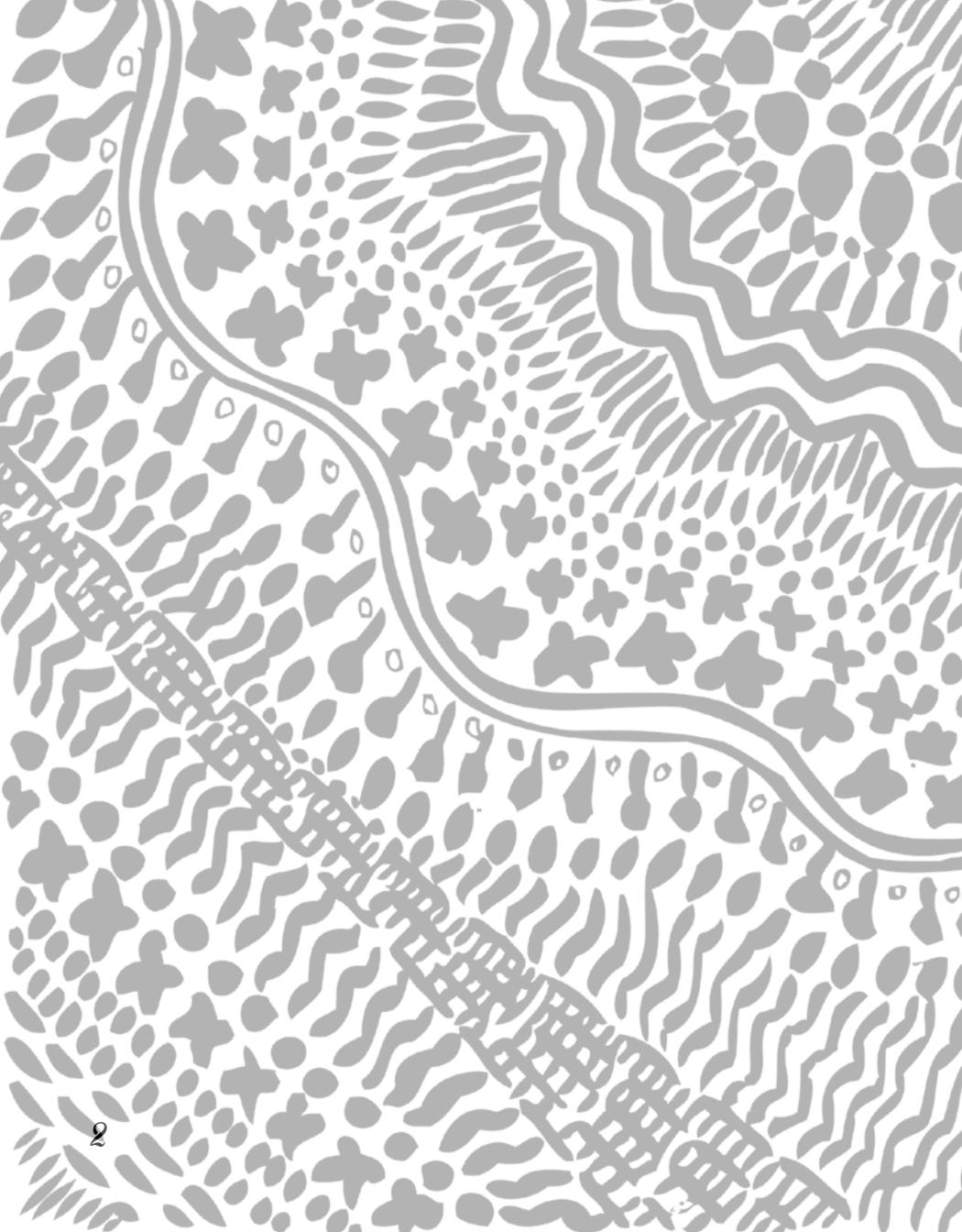




Sharing Bread A Learning Resource



Welcome



**Adele Finney, Executive Director,
The Primate's World Relief and Development Fund**

Our family breakfast table when I was growing up on a small farm was the closest thing to the Eucharist we had in our home, though we wouldn't have understood it that way. We all ate together every morning, after the cows had been milked, before we children and my mother went off to school. Homemade bread from my grandmother, home-produced maple syrup instead of sugar for cereal, and a daily devotional when we were done eating, concluding with the Lord's Prayer.

When I grew up the Anglican Eucharist taught me that EVERYONE is invited to the table and we all come equally, receiving bread from one loaf and wine from one cup. The biblical feeding of the 4000 (Matthew 15:32-39) taught me that we all have a role in bringing what we have to Jesus so that all may be fed. The second largest food bank in Toronto that operated out of our church, and the Saturday lunch for those who didn't have enough to eat in the month on their fixed incomes taught me that systemic change needs to happen, and communities can help. Visiting a PWRDF mothers and infants nutrition program in Burundi made me keenly aware of both debilitating hunger and that change is possible when communities work in partnership.

Sharing Bread will help us better learn about and understand both our situations in our neighbourhoods and in the world. Please take this bread offered and bring your knowledge and experience of your and your neighbours' hunger to the table. How we respond here will make a difference in how we respond through PWRDF to the world.

Introduction

In his 1998 Massey Lectures titled, "Becoming Human," Jean Vanier wrote, "The word 'accompaniment,' like the word 'companion,' comes from the Latin words *cum pane*, which mean 'with bread.' It implies sharing together, eating together, nourishing each other, walking together... We human beings need to walk together, encouraging each other to continue the journey of growth and the struggle for liberation..."

In the summer of 2014 PWRDF was excited to collaborate with the Sorrento Centre, an Anglican retreat and conference centre on the shores of Shuswap Lake, B.C., in a week-long course titled, "Sharing Bread – A Food Security Learning Exchange." Facilitated by PWRDF staff members Sheilagh McGlynn and Suzanne Rumsey, the course was designed to explore the complex issues of food security both globally and in Canada in dialogue with partners from Cuba, farmers from Canada, PWRDF volunteers and other interested Anglicans.

The starting point for the course was PWRDF's three year Food Security Campaign, launched in November 2013. Participants explored themes such as food and health, community-based farming, sustainable food production, and the complexities of food aid, food security and food sovereignty, among other issues. Presentations, group discussions and activities were complimented by opportunities to "dig a little deeper" on the Sorrento Centre Farm. And of course we worshipped and shared bread and stories about how food shapes our lives and the lives of those PWRDF

accompanies throughout the world as we "walk together, encouraging each other to continue the journey of growth and the struggle for liberation."

The course was designed to equip participants to address food security issues in their parishes and communities when they returned. This education resource that you hold emerged out of that week and brings together the materials developed for the course for use in your local community, be it a bible study group, youth and/or inter-generational groups, a parish, regional or diocesan gathering.

This resource can be used as a whole or you can simply use a single session. Each session varies in length from approximately 1.5 to 3 hours, but can be shortened or expanded as needed. It contains links to a number of videos and PowerPoint presentations, as well as to blogs and prayers/reflections produced for and by participants during the Sorrento course. If you are unable to access/download the audio visual materials, a USB key is available for \$10. To order please contact: pwrdf@pwrdf.org or phone: 1-866-308-7973.

We welcome feedback. Please contact us if you are planning an event that draws on this resource so that we can let others know. And after, tell us how the event went. You can contact us at: srumsey@pwrdf.org or smcglynn@pwrdf.org. If you would like to learn more about the Sorrento Centre go to: www.sorrento-centre.bc.ca/.

Enjoy!



Dedication

This resource is dedicated to Christopher Lind, renowned Anglican theologian, ethicist, educator, passionate social activist and most recently, executive director of the Sorrento Centre who passed away on July 11, 2014 after a brief illness. He was 61. Chris held a vision for connecting the Centre to the wider world through PWRDF and invited PWRDF into collaboration through the Sharing Bread course. We will deeply miss his accompaniment on “the journey of growth and the struggle for liberation...”

Contents

3	Welcome	by PWRDF Executive Director Adele Finney
4	Introduction	
7	Dedication	– Remembering Christopher Lind
11	Session One	– Introduction to “Sharing Bread”
15	Session Two	– Theme: Food and Health
21	Session Three	– Theme: Sustainable Food Production
29	Session Four	– Theme: Community Food Growing and Food Security 101
39	Session Five	– Theme: The Big Picture of Food Aid, Food Security and Food Sovereignty
45	Session Six	– Theme: Where Do We Go From Here?
51	Afterword	
53	Bibliography	
56	Appendix A:	– “We plant seeds that one day will grow. . .” – A Food Security Worship Service
60	Appendix B:	– Food Security Candy Exercise
63	Appendix C:	– Mural design for Session Six Closing Reflection, “The Fruits of our Labour and Our Journey”

Begin this session of Sharing Bread with posting the image from the cover of this resource and read the quote below.

And God saw that it was good...

"In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, 'Let there be light'; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness God called Night. And there was evening and there was morning, the first day."



SESSION ONE

Introduction to "Sharing Bread"

This session is designed to build community and to introduce participants to the theme of food security by reflecting on the role of food in their lives, planting seeds and worshipping together.

What you will need:

- ❖ As many chairs in a circle as there are participants
- ❖ A small table, perhaps covered with a colourful cloth
- ❖ A newspaper-covered table – or space outside
- ❖ A bag (or two, depending on the size of your group) of potting soil
- ❖ Small plastic or earthenware pots for planting
- ❖ Beans/seeds (enough for five or six each) to plant in the pots
- ❖ A watering can filled with water
- ❖ The worship resource is attached as Appendix A.

Community Building

(Can be done as an inter-generational activity)

❖ **Our Food Stories (Time for this will vary depending on the number of participants)**

- Send a message to participants ahead of time asking them to bring a symbol/image/story of a personal experience of food that they have had.
- Invite each participant to introduce themselves and to share their symbol/image/story and to place their symbol on the table at the centre of the circle.

Sample Story: I made my first visit to Latin America in 1986 to the country of Nicaragua. It was at the height of the U.S.-sponsored Contra War and embargo. Food in this impoverished, Central American country was scarcer than ever. And so we visitors quickly learned the running joke about meals in Nicaragua: breakfast was rice and beans, lunch was beans and rice – you can see where this is going – and for variety at dinner the two were mixed together to make “gallo pinto” (rice and beans)! I pray for all those whose food “choices” are limited to rice and beans.

—Suzanne Rumsey,
PWRDF Public Engagement Coordinator

❖ **Planting of beans/seeds: (15-20 minutes)**

- Say a word of introduction about planting seeds and sprouting beans as symbols of hope for our time together. . . something to take home. . .
- Gather participants around a table with a large bag (or a couple of bags, depending on numbers) of potting soil and a bowl of beans.
- Provide each participant with a small pot and invite them to fill their pots with soil and plant 5 or 6 beans/seeds.
- Pass around a small watering can for participants to water their beans/seeds
- If you are doing all the sessions in this resource over a defined period of time – a week or a month – and have the space and capacity to “tend” the plants, invite people to label the pots with their names and to return to observe their sprouting and growth over the course of the sessions. Otherwise, they could be blessed and sent home with participants to tend themselves.

Worship (15-20 minutes) adapted from a worship service designed by PWRDF for World Food Day 2013. The full text of the worship is available as Appendix A.

To read about the participants’ experience of the Sharing Bread Course at Sorrento in July, 2014 take a look at their reflections on pwrdf.org. The reflection that corresponds with this session was written by Sheilagh McGlynn, PWRDF *justgeneration.ca* Facilitator. It can be found at <http://pwrdf.org/2014/a-seed-was-planted-what-a-difference-a-year-makes/>.

Begin this session of Sharing Bread with posting the image from the cover of this resource and read the quote below.

And God saw that it was good...

"And God said, 'Let there be a dome in the midst of the waters, and let it separate the waters from the waters.' So God made the dome and separated the waters that were under the dome from the waters that were above the dome. And it was so. God called the dome Sky. And there was evening and there was morning, the second day."



SESSION TWO

Theme: Food and Health

This session is designed to address the link between food security and health. "Have you eaten today?" is a greeting in parts of the world where there is food scarcity and where "How are you?" has everything to do with whether the person being asked has eaten or not that day. The session will also look at the links between faith and farming.

What you will need:

- ❖ As many chairs in a semi-circle as there are participants
- ❖ A computer, speakers and PowerPoint projector; a screen or wall
- ❖ Two videos, one from fredsays.ca titled "Have You Eaten Today?" and the other a PWRDF Home Movie (see links below)
- ❖ A farmer/food producer if possible, if not the Sorrento Centre Farm website offers information on faith and farming, Sharing the Abundance and other related themes (see link below).
- ❖ Newsprint and felt pens.

“Have You Eaten Today?” (30 minutes)

- ❖ Preview the two videos ahead of time to facilitate some introductory comments. Make sure the volume is high as some of the dialogue in the videos is quiet
- ❖ Introduce and show the first Fred Says video titled “Have You Eaten Today?” <http://vimeo.com/78533151>
- ❖ Explain that the Fred Says video is an anecdote/snapshot of one aspect of the fundamental link between food and health, and that you are now going to hear from our PWRDF colleague Zaida Bastos, DFATD Program Manager. Through her work with PWRDF partners in a number of countries, she is going to help us “dig deeper” into these links by providing the “back story” and a more global perspective to what you’ve just seen and heard from the Primate.
- ❖ Introduce and show the first PWRDF Home Movie, which is available here: <http://bit.ly/1o7P8Q9>
- ❖ Group discussion, popcorn of ideas, key questions
 - Invite the group to react to the two videos: what struck them, what is something they learned that they didn’t know before, what questions are they left with
- ❖ Write up key points and questions on newsprint.

Faith and Farming (45 minutes)

- ❖ If you know a local farmer/food producer who has some experience with faith-based community farming/food growing initiatives, or who can reflect on the links between one’s faith and growing food, invite them to speak
- ❖ If such a person is not available in your community, the following website link will provide information on the theme: <http://www.sorrento-centre.bc.ca/landg-farm.html> If using the website, be sure to preview it in order

to familiarize yourself with its content so as to be able to present it

- ❖ Invite group discussion, questions and reflections on faith and farming.

Concluding Prayer

Adapted from the closing prayer offered by PWRDF Diocesan Representative Valerie Maier (Diocese of Ottawa)

*The eyes of all look to you,
And you give them their food in due season.
You open your hand,
Satisfying the desire of every living thing.*

Psalm 145: 15-16



Dear Lord,

We thank you for the abundance of your creation, the fertile fields, the rich forests and the pure water of your lakes.

We give you thanks for the opportunity to come together in this beautiful place with other people of faith to consider how we can address access to food for all.

We thank you for the presence of [name any special guests].

We thank you for the opportunity to exchange ideas and experiences and for new perspectives.

We thank you for reminding us of how food feeds us not only physically, but spiritually, how our views of food inform our relationship to the land, to each other, to ourselves, to justice and to you.

May the seeds of dreams and new ideas be planted here within us.

Help us to be like the rain, soil and the sun to each other so that these seeds of new ways of understanding germinate and grow tall and strong.

Give us faith to wait for their flowering and bearing of fruit so that your vision of enough for all is truly realized.

We ask your continued blessings on each of us.

Amen.

To read about the participants' experience of the Sharing Bread Course at Sorrento in July, 2014 take a look at their reflections on pwrdf.org. The reflection that corresponds with this session was written by Maylanne Maybee, PWRDF Diocesan Representative for the Diocese of Rupert's Land. It can be found here: <http://pwrdf.org/2014/our-daily-bread/>.



Begin this session of Sharing Bread with posting the image from the cover of this resource and read the quote below.

And God saw that it was good...

"And God said, 'Let the waters under the sky be gathered together into one place, and let the dry land appear.' And it was so. God called the dry land earth, and the waters that were gathered together God called Seas. And God saw that it was good. Then God said, 'Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it.' And it was so. The earth brought forth vegetation: plants yielding seed of every kind, and trees of every kind bearing fruit with the seed in it. And God saw that it was good. And there was evening and there was morning, the third day."



SESSION THREE

Theme: Sustainable Food Production

This session is designed to help participants learn about sustainable food production by PWRDF partners overseas and by producers local to their community.

What you will need:

- ❖ As many chairs in a semi-circle as there are participants
- ❖ A computer, speakers and PowerPoint projector; a screen or wall
- ❖ One video from fredsays.ca titled "Let's Jam" (see link below). Make sure the volume is high as some of the dialogue is quiet
- ❖ Choice of two PowerPoint presentations (you can use one or both) from a) the Episcopal Church in Cuba (ECC) and b) the Cuban Council of Churches (CCC) - see links below
- ❖ A farm, market garden or other growing project OR if it's winter...
- ❖ Ingredients for a 100 Mile Meal that participants could be invited to bring.

These could be prepared dishes or raw ingredients to prepare a meal together. If you use the latter you will also need. . .

- ❖ A kitchen!
- ❖ The name of the First Nation on whose territory you are located. If you do not know, do a little research beforehand to find out. You will need it for the Concluding Prayer (see below).

Note that this session will take two different shapes and two different amounts of time depending upon whether a “field” trip (literally!) is involved or not.

“Let’s Jam” 30-45 minutes

- ❖ Begin by introducing and showing the Fred Says video, “Let’s Jam” <http://vimeo.com/88195707>
- ❖ Introduce the Food Security programs of PWRDF partners, the Episcopal Church in Cuba (ECC) and the Cuban Council of Churches (CCC). (Since 2011 PWRDF has worked with the ECC to develop its **Integrated Development Program**. For the past 15 years the CCC’s **Sustainable Development Program** has focused on working with rural and urban communities in Cuba in the planning and implementation of agro-ecology projects and programs that aim to develop community food self-sufficiency. For further partner information go to the end of this section
- ❖ Show and narrate one or both of the PowerPoint presentations: www.pwrdf.org/sharingbread/ernesto
www.pwrdf.org/sharingbread/griselda
- ❖ Invite discussion and questions for clarification. If you encounter questions about the programs of Cuban partners that you are unable to answer you can point participants to the PWRDF website, encourage them to contact

PWRDF directly, or offer to do so yourself. Inquiries can be emailed to pwrdf@pwrdf.org.

Visit to a farm, food producing garden or other growing project (One to two hours, depending on travel time; can be done as an inter-generational activity)

- ❖ Consult ahead of time with the farmer/food producer about the numbers and age-range of the group coming, and ensure participants know what to bring for the visit (i.e.: rubber boots, sunscreen, insect repellent, hat, etc.)
- ❖ Invite the farmer/food producer to describe the farm to the group, their philosophy and/or rationale as to why they are growing food, and then tour the farm/garden. Ideally – and especially if you have children in the group – have participants identify the various fruits and vegetables they are seeing, and harvest a few items. If there are animals on the farm, with permission, invite participants to touch or engage with the animals in some way.

100 Mile Meal (One to two hours depending on amount of food preparation; also a good inter-generational activity)

- ❖ If it is winter, this activity can take the place of a farm/garden visit or, if it is summer it can take place in addition to the visit
- ❖ Invite people to bring ingredients for a dish/meal that have been produced within a 100 mile (140 km) radius of your community. Depending upon the time of year, the ingredients will be more or less varied. Invite a discussion about what is available locally; what our eating habits were like in the past and how they have changed. Continue that discussion as together you prepare and share the meal
- ❖ There are many good graces available to pray over a meal, including one from a book titled, *Ancient and Contemporary Graces from Around the World*, by

Adrian Butash, New World Library, Novato, California, 2007. Or you can invite a favourite family grace from a participant or from your community.

Sample Grace:

Be a gardener,
dig a ditch,
toil and sweat,
and turn the earth upside down
and seek the deepness and water the plants in time.
Continue this labour
and make sweet floods to run
and noble and abundant fruits
to spring.
Take this food and drink
and carry it to God
as your true worship.

—Julian of Norwich (circa 1373) *Revelations of Divine Love*,
6th edition, London: Methuen, 1917

Concluding prayer at the farm or after the 100 Mile Meal

Adapted from the closing prayer offered by PWRDF Diocesan Representative Chris Pharo (Diocese of Nova Scotia and Prince Edward Island)

Let us pray,
Dear Lord, thank you for this day, and the beautiful weather we are enjoying;
We thank you for bringing us together as a community to learn about food and
where it comes from;
We give thanks for the **[name of]** Farm and for those who look after it and tend it;
We are also thankful for... **[invite participants to name food, people or other things for which they are thankful];**

Lord our God, all this abundance comes from your hand and belongs to you.
We also honour the fact that we are presently in the traditional territory of the
[name the First Nation on whose territory you are located] and we also
offer a prayer from the First Nations:

*We come with thanksgiving
For our very breath, the warmth of sun, and the sustaining waters
For life all around us; the plants, soft grasses, and sheltering trees
For the ones that crawl, those that swim, and those that fly
For the four legged and the two legged
All of our relations
We celebrate the diversity in creation as reflected in the four winds from the four
directions. We especially honour the many peoples with their many gifts for
understanding our shared life on earth.*

—Rev. Stan McKay, Cree Holy Man

*Great Spirit... Help us to understand that we are as much alive as we keep the earth
alive.*

—Chief Dan George

Amen.

To read about the participants' experience of the Sharing Bread Course at Sorrento in July, 2014 take a look at their reflections on pwrdf.org. The reflection that corresponds with this session was written by Chris Pharo, PWRDF Diocesan Representative for the Diocese of Nova Scotia/PEI. It can be found here <http://pwrdf.org/2014/sustainable-agriculture/>.

PWRDF Partners in Cuba

The Anglican Church of Canada has a deep and long partnership with the **Episcopal Church of Cuba (ECC)**. Since 2011 PWRDF has worked with the ECC to develop its **Integrated Development Program**. Under the leadership of Bishop Griselda Delgado, the program aims to design and implement a variety of community-based development projects under four main objectives:

- ❖ To increase the church's knowledge and skills to carry out community-based outreach work;
- ❖ To increase community empowerment through the training of leaders to carry out community needs assessments and social analysis;
- ❖ To implement food security projects that are environmentally sound, encourage community self-sufficiency, improve dietary needs and increase families' income through the sale of vegetable garden surplus;
- ❖ To improve community gender awareness.

PWRDF has supported the development work of **The Cuban Council of Churches' (CCC)** since 1994. For the past 15 years the CCC's **Sustainable Development Program (SDP)** has focused on working with rural and urban communities in Cuba in the planning and implementation of agro-ecology projects and programs that aim to develop community food self-sufficiency. The program objectives include:

- ❖ To improve the quality of life and conditions for food production and consumption by families in rural and urban communities throughout Cuba;

- ❖ To raise awareness and skills of families on agro-ecological production and food preservation practices;
- ❖ To apply a gender-based approach that promotes changes in the power relations that exist between women and men.

These objectives have been supported by the SDP's training program for **Local Agents for Development** that has enabled individuals identified by their communities to gain new skills and enhance their knowledge in community development programs. At the end of the training program, each participant develops and introduces a community development project that reflects their community's needs. Those selected, receive technical and financial support from the **CCC-SDP**. Bishop Griselda Delgado of the **Episcopal Church of Cuba** is a graduate of this training program. The **ECC's Integrated Development Program** grew out of her experience of implementing such a project in the community where she was the parish priest prior to becoming bishop.



Begin this session of Sharing Bread with posting the image from the cover of this resource and read the quote below.

And God saw that it was good...

"And God said, 'Let there be lights in the dome of the sky to separate the day from the night; and let them be for signs and for seasons and for days and years, and let them be lights in the dome of the sky to give light upon the earth.' And it was so. God made the two great lights—the greater light to rule the day and the lesser light to rule the night—and the stars. God set them in the dome of the sky to give light upon the earth, to rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good. And there was evening and there was morning, the fourth day."



SESSION FOUR

Theme: Community Food Growing and Food Security 101

This session offers participants information about local community food growing initiatives in Canada. Through examples from PWRDF partners' work overseas (India and Sri Lanka) participants also learn about such initiatives based on "The Five As" that make up Food Security.

What you will need:

- ❖ As many chairs in a semi-circle as there are participants
- ❖ A computer, speakers and PowerPoint projector; a screen or wall
- ❖ One video from fredsays.ca titled "It's Good to be Full of Beans" (see link below)

- ❖ A PWRDF Home Video (see link below)
- ❖ One PowerPoint presentation by Jerremie Clyde (see link below), Calgary-based farmer and Sorrento Centre course participant
- ❖ Information gathered by you and participants (pre-event “homework”) about local food growing initiatives. Ask participants to come having researched local food growing projects taking place in their community or region
- ❖ Text for a theological reflection. You may wish to develop one yourself based on the themes explored to date, or you can make use of the one prepared for the Sharing Bread course at Sorrento by Maylanne Maybee, PWRDF Diocesan Representative for the Diocese of Rupert’s Land (see below).
- ❖ A Bible.

The Five As of Food Security: People experience food security when their food needs meet the first four criteria and when they have “agency” (a voice) in local food-related policies:

- Availability
- Accessibility
- Acceptability
- Appropriateness
- Agency

“It’s Good to be Full of Beans!” (up to one hour depending on group size)

- ❖ Begin by introducing and showing the Fred Says video, “It’s Good to be Full of Beans” <http://vimeo.com/82779592>
- ❖ Group discussion: Who is growing food in your community and how is it

- being grown? Depending on the size of your group, divide into small groups or remain together to discuss this question based on the homework that people were asked to do prior to coming to the session. If you work in small groups, allow time for some reporting back to the whole group and writing up key findings on newsprint. The idea is to get a sense (it doesn’t have to be exhaustive) of who and how food is being grown in your community/region
- ❖ If you know a local farmer/food producer who has some experience with community farming/food growing initiatives, invite them to speak. If such a person is not available in your community, the following link will provide a PowerPoint presentation on the theme by Jerremie Clyde, www.pwrdf.org/sharingbread/jerremie. Be sure to preview the PowerPoint before the session to familiarize yourself with its content. If you would like further information related to the presentation from Jerremie, he can be contacted at: jerremie@gmail.com
- ❖ Invite group discussion, questions and reflections on community food growing.

Food Security 101 and Local Food Growing (Partner Story – 30 minutes)

- ❖ Briefly introduce Naba Gurung, PWRDF’s Humanitarian Response Coordinator who talks about “The 5 As” of Food Security, the 3 approaches that PWRDF is taking to address Food Security with partners, and the 3 main challenges that partners and PWRDF have faced in implementing these approaches in India and Sri Lanka
- ❖ Show the PWRDF Home Video of Food Security with Naba Gurung, <http://bit.ly/1sxRrvr>. Be sure to preview the video beforehand to familiarize yourself with the content
- ❖ Based on their previous conversation, have participants brainstorm what the 5 As look like in their local context.

Theological reflection Offered by Maylanne Maybee, PWRDF Diocesan Representative (Diocese of Rupert's Land)

One of the buttons and the t-shirts from the Fred Says campaign asks, "Have you eaten today?" It seems to me that for those of us who live as privileged North Americans, the question should be "What have you eaten today?" Have we eaten processed food that has come to us at the expense of others? Genetically modified food that is harming our planet? Fast food that feeds the body but not the soul?

Part One

Discovering our Food Footprint (can be an inter-generational exercise)

Even our small decisions impact the Earth and those with whom we share it. Let's begin by looking at how our personal behaviours affect the size of our food footprint. This exercise is adapted from *Living Ecological Justice*, a publication of Citizens for Public Justice. You can develop your own variations, using any of the many "food footprint" tools you can find on the Internet.

Stand up and form a straight line. Hold hands with the person on either side of you; keep holding hands for as long as you can during this exercise.

For each item that will be read, you are to step forward, step back, or stay in place:

- ❖ If you use a composter for food waste, take one step forward.
- ❖ If you purchase fruits and vegetables seasonally, take one step forward.
- ❖ If you turn off the water while brushing your teeth, take one step forward.
- ❖ If you drink bottled water, take one step backward.
- ❖ If you have more than one refrigerator and/or freezer in your home, take one step backward.
- ❖ If you grow some of your own food, take one step forward.
- ❖ If you use a rain barrel to collect water for your garden, take one step forward.
- ❖ If you buy individually wrapped snack items, take one step backward.

- ❖ If you use chemical cleaning products, take one step backward.
- ❖ If you belong to a community garden, take one step forward.
- ❖ If you regularly purchase local or organic food, take one step forward.
- ❖ If you consistently use plastic grocery bags, take one step backward.
- ❖ If you recycle every day, take one step forward.

Now take a moment to talk with your neighbour. What did you learn about yourself from this exercise? Is there anything you would change in your habits as a result?

Part Two – "For the Healing of the Nations"

We've been learning that Food Security is a global issue and a local opportunity. We have picked and eaten fresh produce from the neighbouring farm. We've listened to our Cuban partners recall a time when their food economy dried up overnight after years of dependency on the USSR. We've heard how the Canadian Foodgrains Bank (CFGB) is advocating for Canadian aid to countries seeking to mitigate the effects of climate change.

How do we connect our personal behaviour and local food issues with these complexities of globalization and climate change? What does Scripture have to say? I want to draw on another piece found in *Living Ecological Justice*, a reflection on the Book of Revelation by Sylvia Keesmaat, a farmer, theologian, and Biblical scholar. Revelation is an example of apocalyptic writing, where the meaning is hidden from all but the initiated reader.

Imagine St. John the Divine, exiled on the island of Patmos, watching ships pass by on their way to Rome, laden with items plundered from the known world.

Have someone read Revelation 18: 11-13.

These verses give us an image of the exploitation of the Roman economy – of precious metals mined from the earth, pearls and purple dye harvested from over-fished shell beds and plucked by slaves, ivory from elephants, fine foods from conquered peoples, cattle and sheep and even enslaved human beings.

It's not unlike us watching aircraft overhead, or being passed by transport trucks on the highway, moving produce from one part of the world to another, often from a poor area to one that is privileged and affluent.

John's eyes perceived the injustice and the certainty that Rome could not bear its weight indefinitely. Imagine another vision. . .

Read Revelation 21:1.

Here he paints the picture of a new heaven and a new earth where the sea will be no more. It's like saying our skies will be free of air traffic, carrying goods and human beings, often to places of consumption or exploitation. It's like saying the economy of the Western Empire will be disabled. In God's New Jerusalem the oppression of a growth economy will be no more.

Read Revelation 22:1-2.

Finally, he gives a vision of the earth as integral to the health of the people, where fruit is abundantly available year round, to all humankind.

When we plant community gardens or buy produce from Community Shared Agriculture groups, or write letters to our MP, or ask the question "Have you eaten today?", or "What have you eaten today?", it seems to me we are beginning to participate in the healing of the nations. Thanks be to God.

+ + +

The first exercise is based on "Everything is Connected", from Living Ecological Justice, pages 48-49.

The biblical reflection is drawn from "An Economy for Healing" by Dr. Sylvia C. Keesmaat, Living Ecological Justice, pages 46-47 (see Bibliography for further details).

Concluding Prayer:

Leader: Seeds we bring

All: Lord, to you, will you bless them, O Lord!

Leader: Gardens we bring

All: Lord, to you, will you bless them, O Lord!

Leader: Hoes we bring

All: Lord, to you, will you bless them, O Lord!

Leader: Knives we bring

All: Lord, to you, will you bless them, O Lord!

Leader: Hands we bring

All: Lord, to you, will you bless them, O Lord!

Leader: Ourselves we bring

All: Lord, to you, will you bless us, O Lord!

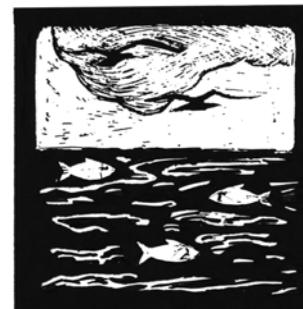
Adapted from an East African hymn used at Seed Consecration Service

To read about the participants' experience of the Sharing Bread Course at Sorrento in July, 2014 take a look at their reflections on pwrdf.org. The reflection that corresponds with this session was written by Valerie Maier, PWRDF Diocesan Representative from the Diocese of Ottawa. It can be found here: <http://pwrdf.org/2014/reconnecting-with-the-earth-finding-local-solutions-empowering-people/>.

Begin this session of Sharing Bread with posting the image from the cover of this resource and read the quote below.

And God saw that it was good...

"And God said, 'Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky.' So God created the great sea monsters and every living creature that moves, of every kind, with which the waters swarm, and every winged bird of every kind. And God saw that it was good. God blessed them, saying, 'Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth.' And there was evening and there was morning, the fifth day."



SESSION FIVE

Theme: The Big Picture of Food Aid, Food Security and Food Sovereignty

In this session participants will explore the complex issues of food aid, food security and food sovereignty and the ways in which global food systems, climate change, conflict and other factors have an impact on these issues.

What you will need:

- ❖ As many chairs in a semi-circle as there are participants
- ❖ A computer, speakers and PowerPoint projector; a screen or wall
- ❖ One video from fredsays.ca titled "Some Like it Hot" (see link below)
- ❖ One PowerPoint presentation (see link below) by Andre Visscher, Alberta Regional Coordinator for the Canadian Foodgrains Bank (CFGB) and Sorrento Centre course participant. *Note that CFGB has representatives throughout Canada who are willing and able to make presentations to groups like those Andre presented to Sorrento. To book a CFGB speaker for this session*

contact information is available at: http://foodgrainsbank.ca/regional_coordinators.aspx

- ❖ A medium-sized bowl
- ❖ A variety of individually wrapped candies (about 7-10 per person, including children).

“Some Like it Hot” (20 minutes - this a good inter-generational exercise)

- ❖ Depending on the size and nature of the group (whether you have children or not) and depending on whether participants have been involved in previous sessions, ask a series of questions such as the following: What did you like most about the farm visit? What was your favourite food/dish at the 100 Mile Meal? What is your favourite food/favourite meal? What did you have for breakfast?
- ❖ Introduce and show the Fred Says video, “Some Like it Hot” <http://vimeo.com/92664378>
- ❖ Introduce and facilitate the Candy Exercise on the differences between food aid, food security, and food sovereignty. Instructions for this game are found in Appendix B.

The Big Picture Part One Exploring food aid, food security and food sovereignty (45 minutes)

- ❖ Introduce Andre Visscher (or the CFGB Regional Coordinator present) and PWRDF’s relationship/partnership with CFGB (for a description of the CFGB and PWRDF relationship, see below). If using Andre’s PowerPoint be sure to preview it beforehand to familiarize yourself with its content: www.pwrdf.org/sharingbread/andre1. Show the PowerPoint presentation or hear from the CFGB Regional Coordinator
- ❖ Ensure time for questions and discussion and then take a break.

Health Break

The Big Picture Part Two

Global Food Systems, Climate Change, Conflict and other factors affecting food aid, security and sovereignty (45 minutes)

- ❖ Show the PowerPoint presentation or hear from the CFGB representative, www.pwrdf.org/sharingbread/andre2.
- ❖ Ensure time for questions and discussion.

Concluding prayer

Adapted from the closing prayer offered by PWRDF Diocesan Representative Mary Dove (Anglican Parishes of the Central Interior)

Come and Journey-----Here we are Lord----Sing a New Song
To Know----To Love----To Serve

We thank you O Lord, for your presence in this sacred place among us,
Your sacred people.

Be with us as we share experiences and visions of food security
Here and around the world.

You have blessed us greatly and we give you thanks.
(Sharing of blessings either silently or aloud)

We pray O Lord for your broken world.

Help us to love you so that we may faithfully serve you
and that we may follow your will

For us and for the world.

(Sharing of those concerns either silently or aloud)

“O Thou who art the light of the minds that know thee, the life of the souls that love thee and the strength of the wills that serve thee: help us so to know thee that we may truly love thee; so to love thee that we may fully serve thee, whom to serve is perfect freedom. Amen”

To read about the participants’ experience of the Sharing Bread Course at Sorrento in July, 2014 take a look at their reflections on pwrdf.org. The reflection that corresponds with this session was written by Mary Dove, PWRDF’s Diocesan Representative for the Anglican Parishes of the Central Interior of BC. It can be found at <http://pwrdf.org/2014/hope-and-challenge/>.

The Canadian Foodgrains Bank (CFGB)

Founded in 1983, the Canadian Foodgrains Bank (CFGB) is a partnership of 15 Canadian church-based agencies working to end hunger in developing countries by:

- ❖ Increasing and deepening the involvement of Canadians in efforts to end hunger
- ❖ Supporting partnerships and activities to reduce hunger on both an immediate and sustainable basis
- ❖ Influencing changes in public policies necessary to end hunger.

The Anglican Church of Canada, through The Primate’s World Relief and Development Fund (PWRDF), became a member of the Canadian Foodgrains Bank in June 2007.

The projects PWRDF supports through CFGB:

- ❖ Provide food assistance to people with immediate food needs;
- ❖ Work with communities to improve food security (provide food for themselves in the longer-term) through improved agricultural techniques and income generation; and

- ❖ Help families and communities improve their nutrition.

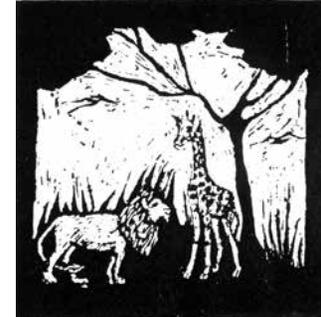
CFGB supported projects receive matching funds from the Department of Foreign Affairs, International Trade and Development Canada (DFATD), often at a ratio of 4:1. For more information and on-line resources from CFGB, go to: www.foodgrainsbank.ca.



Begin this session of Sharing Bread with posting the image from the cover of this resource and read the quote below.

And God saw that it was good...

"So God created humankind in God's image, in the image of God they were created; male and female God created them. God blessed them, and God said to them, 'Be fruitful and multiply, and fill the earth...!' God said, 'See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.' And it was so. God saw everything that God had made, and indeed, it was very good. And there was evening and there was morning, the sixth day."



SESSION SIX

Theme: Where Do We Go From Here?

In this session participants will explore ways in which advocacy on food security can be carried out. They will also do some reflecting on the session(s) as a whole; what brought participants here, what they learned and what they are taking away with them. A commissioning concludes the session.

What you will need:

- ❖ As many chairs in a semi-circle as there are participants
- ❖ A computer, speakers and PowerPoint projector; a screen or wall
- ❖ A PWRDF Home Video (see link below)
- ❖ One PowerPoint presentation (see link below) by Andre Visscher, Alberta Regional Coordinator for the Canadian Foodgrains Bank (CFGB) and Sorrento Centre course participant. *Note that CFGB has representatives throughout Canada who are willing and able to make presentations to groups like those Andre presented to Sorrento. To book a CFGB speaker for this session*

contact information is available at: http://foodgrainsbank.ca/regional_coordinators.aspx

- ❖ A long length of newsprint, felt pens, construction paper, scissors, tape
- ❖ Letter writing materials: paper, pens and envelopes.

Where to from here? Food Security Advocacy (45 minutes)

- ❖ Introduce Pepe Elwert, a German theology student who spent the fall of 2013 in Canada learning about faith-based justice work. Among other internships, Pepe spent one day a week with PWRDF. At a PWRDF organized World Food Day worship service, Pepe shared his personal food story which PWRDF subsequently recorded. Here is his story about a food security advocacy campaign in Germany: <http://youtu.be/1NVz4mmaY2I>.

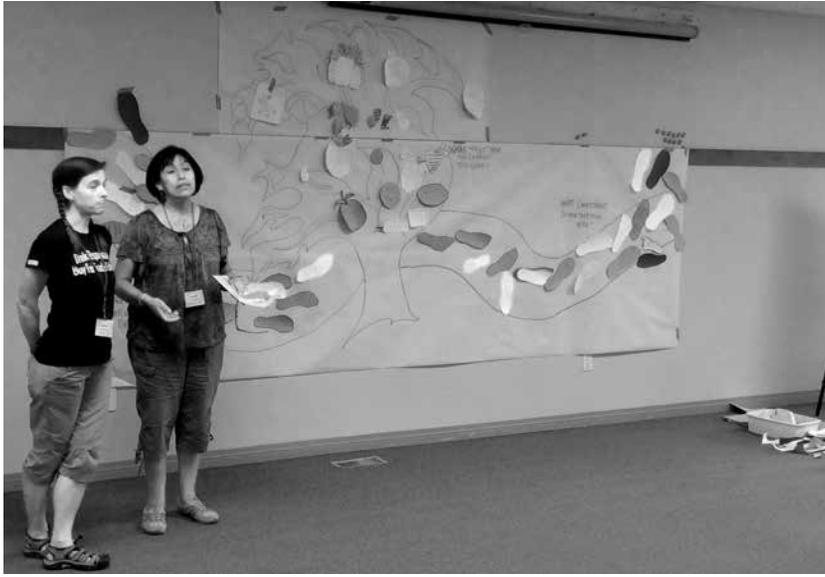
“Harvest of Letters” CFGB Advocacy campaigns

- ❖ Explain how PWRDF carries out advocacy work in response to calls from partners and often in coalition with other organizations. On issues related to food and food security PWRDF works with CFGB and its other members. Introduce and show Andre Visscher’s PowerPoint on the current “Harvest of Letters” campaign, www.pwrdf.org/sharingbread/Andre3, or if you have a CFGB Regional Coordinator present, introduce them and invite them to do the same. If using the PowerPoint, be sure to preview it ahead of time to familiarize yourself with the content.
- ❖ Invite participants to write a letter highlighting the key points of CFGB’s current campaign. If time allows, pass around paper, pens and envelopes and invite those present to do so right there. Then as needed take a health break.

Health Break

Closing Reflection – The Fruits of Our Labour and Our Journey (time will vary depending on the number of participants; can take up to one hour)

- ❖ Ahead-of-time prepare a simple mural based on the drawing found in Appendix C. Put the mural up on a wall that everyone can see and access. If your group is small, you may want to use a large version of the drawing in Appendix C. A downloadable 8 ½” X 11” version is available at: [\[www.pwrdf.org/sharingbread/tree\]](http://www.pwrdf.org/sharingbread/tree). Explain that the closing reflection is designed to enable participants to reflect on their journey to the event, the series of workshops they have participated in, what “fruits” they have “harvested” and what they are taking away/home with them
- ❖ Invite participants to trace, draw and cut out outlines of their feet – using one foot to describe their road to the event and the other to describe their road home. Ask them also to draw and cut out a favourite fruit. If your group is small, you can just write these things on the picture in Appendix C or have participants do so on the 8 ½” X 11” drawing you have downloaded and printed
- ❖ Have them do this work individually (15-20 minutes), asking that they write responses to the following questions:
 - What brought you to this event/series of workshops? (first foot)
 - What is something you have learned/what is the “fruit” of this event/series of workshops for you? (fruit)
 - What is something you are taking away/home with you that you will be able to act on and/or share with others? (second foot)
- ❖ Conclude by asking participants to one-by-one place the first foot on the road leading to the tree, the fruit on the tree, and the second foot on the road leading away from the tree, and explain what they have written.



Bishop Griselda Delgado (right) of The Episcopal Church of Cuba shares her learnings from Sharing Bread (Suzanne Rumsey, PWRDF staff and program facilitator translates).

Commissioning: Adapted from Commissioning Prayers prepared by Maylanne Maybee, PWRDF Diocesan Representative (Diocese of Rupert's Land)

This can be an inter-generational activity and can be part of a Eucharist or other worship service

Note: If you have the pots of seeds planted in the first session, bring those forward to the central/Eucharistic table. If enough time has passed (about a week if beans were planted), you should see a few sprouts.

Leader: Through these workshops you have tasted God's goodness fresh from the fields **[name other activities/highlights from the sessions]**. You have walked with Fred our Primate, with Griselda and Ernesto and our partners in Cuba, with Farmer Jerremie, Andre **[name any other farmers or guests you have had with you]** and with one another in learning about food security.

Will you commit to sow the seeds of what you have learned among those with whom you live and work and worship?

All: We will with God's help.

Leader: Will you continue to grow into God's love and pass on to others the Good News of God's abundance? Will you nurture these bean seeds as a sign of keeping alive the stories and lessons you have learned?

Participants: We will with God's help.

Leader: Will you keep alive the stories and lessons you have learned through conversation, prayer and action, and will you join with your churches in supporting food security for all?

Participants: We will with God's help.

The Leader says to the Congregation: Will you the people of this congregation support these people as they put into practice what they have tasted and learned and seen?

Congregation: We will with God's help.

Leader: In the name of God and this congregation, I commission you to be Sowers of Food Security.

All: Amen.

Leader or Deacon:

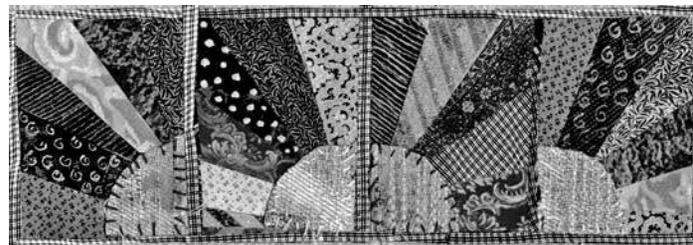
And now, go forth into the world, renewed by the Spirit;
Go forth firmly planted with strength to seek justice,
Go forth gently tended with wisdom to care for our earth,
Go forth showered with love to bring forth new life.
Go in peace and be witnesses to hope.

To read about the participants' experience of the Sharing Bread Course at Sorrento in July, 2014 take a look at their reflections on pwrdf.org. The reflection that corresponds with this session was written by Jordan Waterbury, PWRDF's *justgeneration.ca* Representative. It can be found at <http://pwrdf.org/2014/sharing-bread-at-sorrento-a-special-experience/>.

Evaluation 15-20 minutes

❖ If it would be helpful to you and the participants, invite them to fill out a short evaluation form about the event/sessions. If you are able, please share those evaluations with us so that we can continue to develop and adapt PWRDF's education resources (see contact information in the Introduction section of this resource). Here are some sample questions that we invited the participants at the Sorrento Centre to answer:

- 1. What do you think worked well/what did you get the most out of in this program?**
- 2. What did you find challenging/worked less well?**
- 3. What messages do you want to send back to PWRDF/Fred Says campaign for the future?**
- 4. Anything else you would like to add?**



Afterword

"Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that God had done, and God rested on the seventh day from all the work that God had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that God had done in creation.

These are the generations of the heavens and the earth when they were created."

To read about the participants' experience of the Sharing Bread Course at Sorrento in July, 2014 take a look at their reflections on pwrdf.org. The closing reflection for the week was written by Suzanne Rumsey, PWRDF Public Engagement Coordinator. It can be found at <http://pwrdf.org/2014/we-have-planted-seeds/>.



Bibliography

Ancient and Contemporary Graces from Around the World, by Adrian Butash, New World Library, Novato, California, 2007 (available for order through Amazon, eBay and other on-line sites).

Living Ecological Justice: A Biblical Response to the Environmental Crisis, Edited by Rev. Dr. Mishka Lysack and Karri Munn-Venn, a publication of Citizens for Public Justice, Ottawa, 2013 (available for order through the CPJ website: www.cpj.ca).

Canadian Foodgrains Bank – www.foodgrainsbank.ca/publications_and_resources.aspx. CFGB's website has a large number of worship and educational resources available for use. One that your group may want to look at is "Facing Hunger." This film is 27 minutes long. It follows two farming families – one in Canada and one in Tanzania. It can be streamed on-line at http://foodgrainsbank.ca/facing_hunger.aspx or ordered as a DVD.

Ecumenical Advocacy Alliance — www.e-alliance.ch/en/s/food/. The EAA has launched a global campaign about food. Check out their website for more information and to learn how to respond.

The Primate's World Relief and Development Fund – www.pwrdf.org/resources/

annual-resources/. Check out PWRDF's website for other Food Security resources you might find helpful. "Super Friends2!" and "Super Friends3!" are resources designed to look at food issues with children during children's time or for Sunday school classes.

PowerPoint Presentations

- ❖ www.pwrdf.org/sharingbread/ernesto
- ❖ www.pwrdf.org/sharingbread/griselda
- ❖ www.pwrdf.org/sharingbread/jerremie
- ❖ www.pwrdf.org/sharingbread/andre1
- ❖ www.pwrdf.org/sharingbread/andre2
- ❖ www.pwrdf.org/sharingbread/andre3

Video links

- ❖ "Have You Eaten Today?" <http://vimeo.com/78533151>
- ❖ "Let's Jam" <http://vimeo.com/88195707>
- ❖ "It's Good to be Full of Beans" <http://vimeo.com/82779592>
- ❖ "Some Like it Hot" <http://vimeo.com/92664378>

PWRDF "Home Movies"

- ❖ **Zaida Bastos**
<http://bit.ly/1o7P8Q9>
- ❖ **Naba Gurung**
<http://bit.ly/1sxRrvr>
- ❖ **Pepe Elwert**
<http://youtu.be/1NVz4mmaY2I>



Appendix A

"We plant seeds that one day will grow. . ."
A Food Security Worship Service

Adapted from PWRDF's World Food Day Service, October 2013

Introduction from "Seeds for Life" (Ecumenical Advocacy Alliance)

Voice to the Seed:

I hold you in my hands and hold you as my future
As you grow so will my vision of a hunger-free world.
By your growth you will help us celebrate life.
Thanks for reminding me that I, too, am a sacred seed planted in God's garden.

Voice about the Seed:

You look for a resting place
 A place of silence, in the bosom of the earth.
 Your patience makes you great
 The womb of the earth nourishes you,
 Your power is the source of life on earth.
 May your willingness to die make us humble;
 May your rising again to the sun give us hope.

Voice of the Seed:

I am a Seed
 I need good soil to grow
 I need the sun to glow
 Water to refresh and replenish me,
 Air for my leaves to breathe
 Space for my roots to spread
 Now, now I can be all that the Creator hopes for me.

Hymn/Song of your choosing**The Word****The Mayas Plant Each Child That is Born, from Century of the Wind, by Eduardo Galeano**

High up in the mountains, the Indians of Guatemala bury the umbilical cord while presenting the child to Grandpa Volcano, Mother Earth, Father Sun, Grandma Moon, all the powerful grandparents, and asking them to protect the newly born from danger and error.

Before the rain that irrigates us and before the wind that bears us witness, we, who are part of you, plant this new child, this new compañero, in this place...

The Satisfactions of the Mad Farmer (excerpts) by Wendell Berry (can be read antiphonally)

Growing weather; enough rain
 the cow's udder tight with milk;
 the peach tree bent with its yield;
 honey golden in the white comb;

the pastures deep in clover and grass,
 enough, and more than enough;

the ground, new worked, moist
 and yielding underfoot, the feet
 comfortable in it as roots;

the early garden: potatoes, onions,
 peas, lettuce, spinach, cabbage, carrots,
 radishes, marking their straight rows
 with green, before the trees are leafed;

raspberries ripe and heavy amid their foliage,
 currants shining red in clusters amid their foliage,
 strawberries red ripe with the white
 flowers still on the vines – picked
 with the dew on them, before breakfast. . .

the work of feeding and clothing and housing,
 done with more than enough knowledge
 and with more than enough love,
 by those who do not have to be told. . .

What I know of spirit is astir
in the world. The god I have always expected
to appear at the woods' edge, beckoning,
I have always expected to be
a great relisher of this world, its good
grown immortal in his mind.

John 12: 23-26

Jesus said, "The hour has come for the Son of Man to be glorified. Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. Anyone who loves their life will lose it, while anyone who hates their life in this world will keep it for eternal life. Whoever serves me must follow me; and where I am, my servant also will be. My Father will honour the one who serves me.

Reflection

This can be offered by an individual or be shared by the community gathered.

Hymn/Song of your choosing

Confession, Assurance of Pardon, and Peace (Adapted from Rev. Laura Marie Piotrowicz, PWRDF Board of Directors, and Bishop Ken Untener, Catholic Diocese of Saginaw, Michigan)

Leader: This day I have eaten.
This day I can choose where and what I want to eat
This day I will eat more than once.
This day I have seen food wasted.
This day, many are undernourished.
This day, one in five children is hungry.

This day, a mother chose not to eat so that her child could eat.
This day, a family had to escape a war zone, and couldn't find food.
This day, climate change and pollution destroyed the crops of a whole village, a whole city, a whole nation.

All: This day we confess sin around us and inside us.

We have failed to love God and our neighbours with our whole heart, mind, soul and commitment.

We trust in God's forgiveness, and the power of God's love to create change in us.

This is what we are all about. Knowing that God's reign and power and love is beyond our efforts and our vision.

We plant seeds that one day will grow. We water the seeds already planted, knowing that they hold future promise. We provide yeast that will do its own work. We cannot do everything, and there is a sense of liberation in realizing this.

Leader: Freed by God, we are prophets of a future not our own. There is peace in this, given by Christ, a peace that heralds the kingdom. The peace of the Lord be with you.

All: And also with you.

(Share a sign of that peace)

Closing hymn/song of your choosing

Appendix B

Food Security Candy Exercise

Created by PWRDF's Youth Council, written up by Tessa Dudley, Youth Council member from the Ecclesiastical Province of BC/Yukon

Purpose of Game:

To explain the difference between food aid, food security, and food sovereignty in a fun and interactive way.

Supplies:

- ❖ Three different colours of the same candy (enough for 7-10 candies per person)
- ❖ Three bowls
- ❖ A table (if available)

Preparation:

Divide candies into three separate bowls.

- Bowl 1 with only one colour and a limited number (less than the size of the group) of candies
- Bowl 2 with all colours and some candies (enough for one candy each)
- Bowl 3 with all colours and an abundance of candies

How to Play:

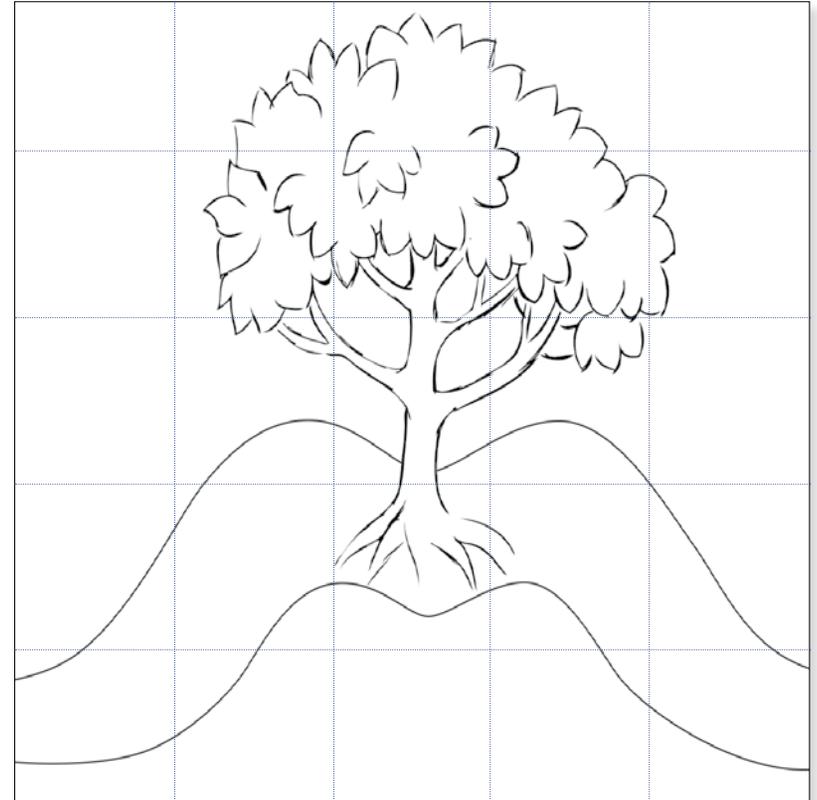
1. Have participants sit in a circle around a table or on the floor. Explain to participants the purpose of the game and encourage participants to think

about our own food system in Canada as compared to other countries in the world while playing the game.

2. First, ask participants if they have ever heard of the term "food aid". Ask participants to share what they believe food aid is. Explain that food aid is when one group gives food to another group to combat hunger on a short-term basis. Food aid is a temporary solution. For example, during hurricane Sandy in Cuba PWRDF worked alongside the ACT Alliance and helped bring food aid to the affected region.
3. Give every second or third person a candy from bowl 1. All other participants are given nothing.
4. Explain that while food aid is an important temporary solution there are problems with it. Ask participants if they can see what problems may arise?
Problems include: not enough food for all, unequal distribution, no choice in food or control over global food market, the type of food may be contrary to cultural or religious beliefs in the region, the timing of when the food arrives, etc.
5. Ask participants if they know what "food security" is. Explain that food security is when people have access to sufficient good, safe, nutritious food. For example, PWRDF's "Let's Jam" Fredism is about working to provide good, safe, and nutritious food to Cuban communities all year long.
6. Give every participant a candy from bowl 2.
7. Explain that PWRDF is currently working on a food security campaign with the goal of providing good, safe, and nutritious food throughout the world.
8. Ask participants what they noticed was different between food aid and food security.

Appendix C

Mural design for Session Six Closing Reflection, “The Fruits of our Labour and our Journey”



9. Ask participants if they know what “food sovereignty” is. Explain that food sovereignty is when the people who produce, distribute, and consume the food also have control over their own food system.
10. Put bowl 3 in the middle of the circle and encourage participants to take as many or as few candies as they want, in whichever colour they choose. Emphasize that a part of food sovereignty is the equitable distribution of food resources throughout the world as the world has enough food for all.

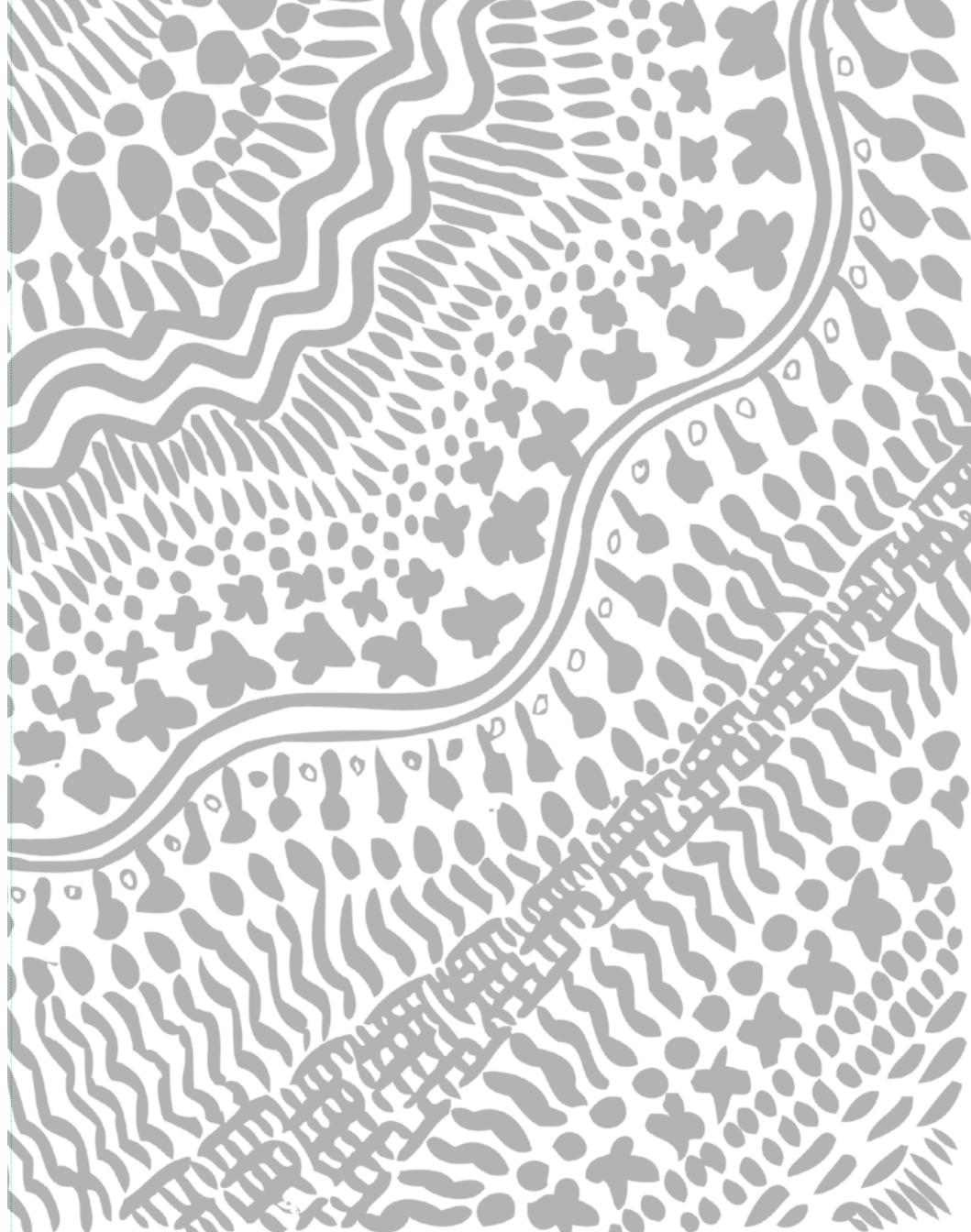
Discussion Questions

1. Describe the difference between food aid, food security, and food sovereignty. What should we be striving for?
2. What type of food system do we have in Canada?
Possible answers: Canada has food sovereignty, but not all Canadians enjoy food security. The existence of food banks and soup kitchens demonstrate that some Canadians require food aid.
3. What can we do to strive towards food sovereignty?
Possible answers: Advocate for good governmental food policies, buy local food, buy organic food, educate friends and family about the importance of local food, discourage wasting of food, etc.

Notes

Notes

Notes





THE PRIMATE'S WORLD RELIEF AND DEVELOPMENT FUND

THE ANGLICAN CHURCH OF CANADA

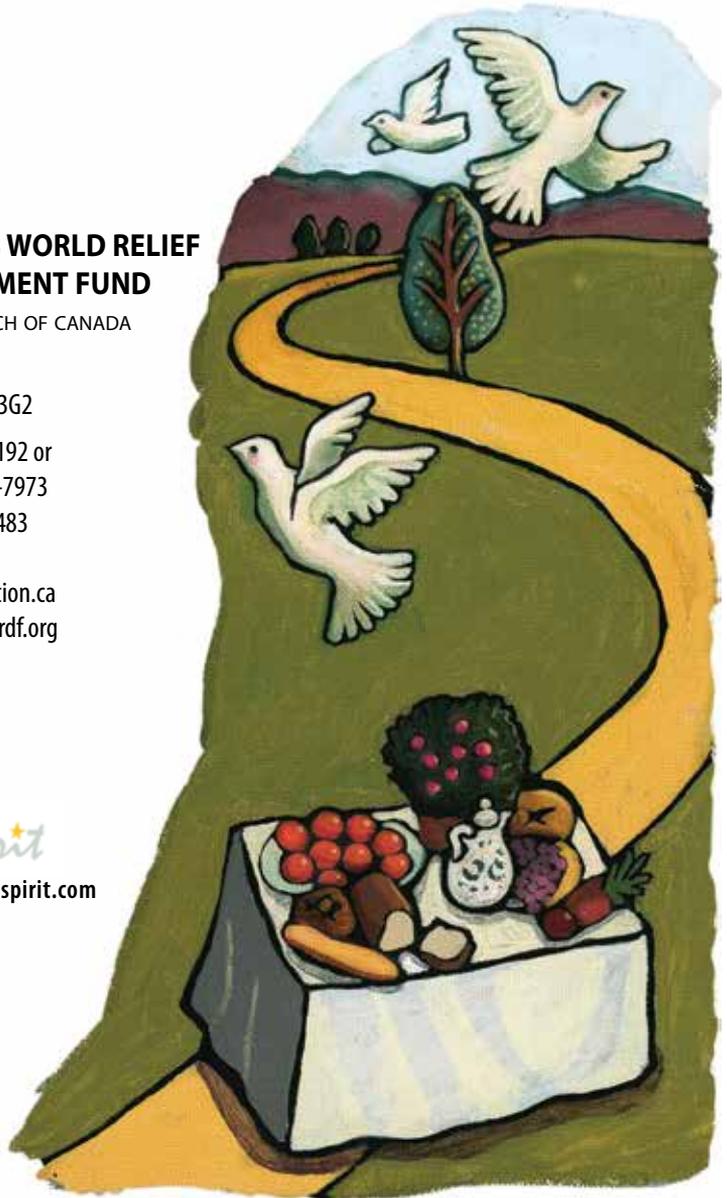
80 Hayden Street
Toronto, Ontario M4Y 3G2

Phone: 416-924-9192 or
1-866-308-7973

Fax: 416-924-3483

Website: pwrdf.org
justgeneration.ca

Email: pwrdf@pwrdf.org



VisibleSpirit

All images by visiblespirit.com