



Rebalancing Act

Updating U.S. Food and Farm Policies

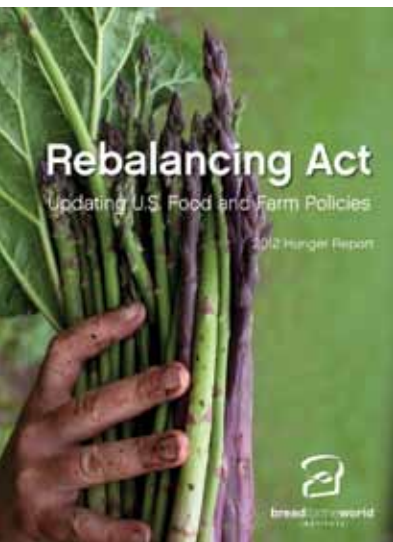
2012 Hunger Report

Christian Study Guide



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INSTITUTE

Study Guide Contents and General Process Suggestions



1. The 2012 Christian Study Guide includes six small-group sessions rooted in the content of the 2012 Hunger Report, *Rebalancing Act: Updating U.S. Food and Farm Policies*. Session 1 sets the context, while the following five sessions develop particular themes emphasized in the Hunger Report. If your group cannot do all the sessions, we recom-

mend that you do Session 1 before any others.

2. We anticipate that each session will have a facilitator, but the leader needs no specific expertise on the report's content to facilitate the session.
3. The study guide is designed for Christians of many theological and political viewpoints. You should feel free to adapt the guide to enhance the experience for your group. The section below, Preparation Notes for Group Leaders, steers your group to websites relating social policies to different Christian traditions.
4. The activities will direct participants to read relevant sections of the report during the sessions. However, *Rebalancing Act* is filled with detailed analysis, statistics, and stories, so additional reading will enrich your conversation, but it is not required.
5. Each session includes:
 - Biblical reflection materials and questions.
 - A summary of the theme as presented in the Hunger Report, along with reflection questions.

- Activities to engage group members in analyzing current realities, using content from the Hunger Report and their life experiences.
- An invitation to pray and act in light of the discussion.

6. The sessions as written may take an hour to 90 minutes each, but should be adapted to meet the scheduling needs of the group.

Preparation Notes for Group Leaders

1. At least one Bible is required for each session. Participants could be encouraged to bring additional translations.
2. It will be helpful to have a copy of the session materials for each participant.
3. After you familiarize yourself with the outline of the session, you may adapt the activities to best serve the needs of your group.
4. To learn more about social policy in your own Christian tradition, you should visit the website of your denomination or national group. Sometimes these include a discussion of social policies. You might also visit:

National Association of Evangelicals

www.nae.net/government-affairs

U.S. Conference of Catholic Bishops

www.usccb.org/sdwp/projects/socialteaching

The National Council of Churches

www.nccusa.org/NCCpolicies

5. Most sessions include activities using newsprint, a flip-chart, or a white board.

Group Leaders

For notes about specific sessions, see
www.bread.org/go/hunger2012

Ideas for Action

Each session of the Study Guide invites participants to consider how they might take action in response to the issues discussed. Here are suggestions for activities to engage your whole group. The size and nature of your group may require you to adapt the activities, but the descriptions below provide a template.

1. Learn from firsthand experience

Find a way for your group to spend time with someone whose life experience has given him or her personal knowledge of hunger, farming, and/or U.S. development assistance.

2. Write about your concerns

a. *Bread for the World's Offering of Letters*

Each year, Bread for the World invites churches

and campus groups across the country to take up a nationwide Offering of Letters to Congress on an issue that is important to hungry and poor people. The Offering of Letters enables individuals to see their concerns translated into policies that help hungry and poor people improve their lives. To learn more about Bread for the World's Offering of Letters this year, visit www.bread.org/OL2012

b. *Write to your state or local representative*

Write letters to your representative in the city council, state assembly, or Congress to share your thoughts and concerns about food and farm policy.

Learn what your denomination or national association is doing related to food and farm policy.



Bread for the World

Biblical Reflection

Read Micah 3:9-12 and 4:1-4



The prophesy of the book of Micah addresses both Israel and Judah. The prophet is critical of the leadership in these two kingdoms. In verse 3:11, he says that the leaders give judgment for a bribe, the priests teach for hire, and the prophets make predictions for money. Vulnerable people are being exploited.

Today in our nation, various special interests work to influence government decisions, often without regard to the

needs of hungry and poor people. At times of economic crisis, we see cuts to vital safety net programs that help people stay out of poverty. Just like in Israel and Judah, the systems that support vulnerable people are broken.

Micah, like many other prophets, warns Israel and Judah that they will suffer consequences if they do not change their ways. In chapter four, after three chapters describing how the people will suffer, Micah offers a vision of a world transformed. All people will come to the Lord and “walk in his paths” (4:2). Nations will no longer fight each other, and their weapons will be turned into tools for agriculture. All people will sit under their own vine and fig tree without fear.

It is our responsibility as people of faith to share God’s vision of transformation with the world. It is a vision of a world where everyone has enough to eat, where everyone has a safe place to sleep, and where everyone can live at peace with one another. We are called to be God’s voice today. Like the biblical prophets of ancient times, we are called to be advocates who urge our leaders to do right and to act with justice.

Reflection Questions

1. Describe what the world could look like if God’s justice reigned. What’s present? What’s absent?
2. How does our current world compare to the world you just described? What’s broken and not working for vulnerable people?
3. In what ways do groups and individuals have power to change these patterns of brokenness? In what ways should God’s vision influence our advocacy?

Hunger Report Theme Summary

Our food system is broken, but it can be transformed! Many objectives shape our systems of agriculture, trade, energy, and immigration through what are sometimes conflicting and inconsistent policies. U.S. laws subsidize an approach to crop production that rewards quantity much more than nutritional value. These policies subsidize products people can’t eat, such as cotton and ethanol, in addition to encouraging the consumption of less nutritious foods.

Meanwhile, other policies undercut small scale farmers globally, while also making it difficult for low-income families in the United States to access healthy food. A desire for cheap food contributes to a demand for cheap farm labor. Farmers and farm workers need U.S. policy to provide a safety net and to support dignified, sustainable livelihoods. Policy options based around nutritious food and decent livelihoods would offer transformation. The Hunger Report shares some ways to get there.

Discussion Questions

1. What, in your opinion, currently works well in our food and agriculture system? What isn’t working well, particularly for poor and vulnerable people? What improvements could make the system work better?
2. In the process of transforming our food system, which people could be perceived as losers? How can we help ensure that they don’t lose their livelihoods?

SESSION 1: OUR BROKEN FOOD SYSTEM CAN BE TRANSFORMED

Activities

1. Review “A World of Change since the Farm Bill” (Box i.2, page 17). Have members of your group restate these trends in their own words. Then, on newsprint or a flip-chart sheet, make three columns labeled “helpful,” “neutral,” and “unhelpful.” Put each trend in a column based on how helpful it is for hungry and poor people. Draw lines to connect items that seem to be related to each other. What could be done to reverse trends that are unhelpful for hungry and poor people?
2. Read “U.S. Agriculture Has to Become More Productive and Sustainable” (Box 1.1, page 26). Imagine your group has been tasked with identifying top concerns in the food and farm system. Name as many challenges as you can (even beyond what you read in the article). Discuss how you would prioritize which issues to address first. How might you group the various concerns? What further plans would you want to make to begin to work toward transformation? How might your group remain hopeful about the transformations that are possible, even while grappling with the enormity of this broken system?
3. As you conclude, pray for efforts to transform our nation’s food and farm system, and consider if there is something God might be calling you to do as a result of this conversation.



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SESSION 2: NUTRITION IS CRITICAL TO FIGHTING HUNGER

Biblical Reflection

Read Deuteronomy 30:11-20



“Choose life,” exhorts the Deuteronomy passage! In English we have only one word to describe “life,” but in many other languages there are multiple concepts or aspects of “life” that each get their own word. Biblical Hebrew is one such language. The Hebrew word in this passage is “hayim” חַיִּים, meaning life in its fullness, health, well-being, and wholeness. “Hayim” is also the word used in connection to the “tree of life” in Genesis.

In the Kiswahili translation of Deuteronomy 30, the word is “uzima,” which means wholeness, well-being, and abundance. “Uzima” to the Maasai people of Tanzania is beyond breathing, and it’s more than mere survival. It includes good health, healthy animals, having enough to live sufficiently, and even abundantly, but not excessively. It includes spiritual health, mental health, emotional health, and physical health. Maasai Christians understand that being faithful to God does not guarantee that life will be easy or prosperous in the material sense. But their faith grasps a vision of the well-being that God wants for all people, the wholeness God wants for the world.

Jesus says, “I have come that they may have life (uzima), and have it to the full” (John 10:10). Let us choose life, abundant and full, for all our neighbors in God’s world!

Reflection Questions

1. What is needed for abundant life, wholeness, and well-being? What does this imply for both spiritual and physical well-being? What does it mean in situations of hunger or malnutrition?
2. What do you see in today’s world that is life-giving or life-taking? What must change to bring “uzima” or “hayim”?

Hunger Report Theme Summary

Malnutrition, which simply means a “lack of proper nutrition,” has serious long-term consequences at both the individual and societal levels. In the 2012 Hunger Report we read that malnutrition in the critical 1,000 days (from pregnancy through 2 years of age) is associated with low birth weights, stunting, poor school attendance and learning, chronic illness, and lifelong reductions in economic activity. The physical and cognitive damage from malnutrition during this period is largely irreversible. Recent studies have also shown a 2-3 percent loss in gross domestic product (GDP) in countries where malnutrition is common. U.S. food aid policy has largely overlooked the unique dietary needs of populations such as young children, pregnant women, and nursing mothers. Here in the United States, our food policy contributes to malnutrition, often in the form of obesity. This has long-term individual and societal consequences, including potentially serious health complications.

Discussion Questions

1. Many international and domestic anti-hunger programs have focused more on caloric intake than on nutrition. What are some of the consequences of that?
2. What attitudes and policies need to change so that our food system pays as much attention to the quality of food as it does to quantity? What are the domestic and international implications?

SESSION 2: NUTRITION IS CRITICAL TO FIGHTING HUNGER

Activities

1. Look at “The Cycle of Food Insecurity and Chronic Disease” (Figure i.2, page 12). Consider how obesity, hypertension, and diabetes are indirectly caused by food insecurity. Now redraw the cycle with “Food Security” at the top. Replace the rest of the content accordingly, so it becomes a positive, life-giving cycle. Consider the effects of food security, healthy food options, etc. What are the practical challenges to transforming the cycle?
2. Read “Understanding Malnutrition and Responding Effectively” (Box 4.1, page 96). On newsprint, make three columns. In the first column, list actions households can take to improve the nutrition of women and children. In the second column, list ways the community can support better nutrition. And in the third, list ways governments must be involved. What are your key observations, learnings, and surprises?
3. As you conclude, pray for efforts to transform our nation’s food and farm system, and consider if there is something God might be calling you to do as a result of this conversation.



Archive Photo

Biblical Reflection

Read James 2:1-7 and 1 Corinthians 12:12-26



The biblical vision of community and nation lifts up the voices of those who are vulnerable and marginalized. Even within big systems and structures, those who are marginalized need to have a voice.

Using the metaphor of the body, the Corinthians passage says that all parts have a unique purpose and that each part should be honored. In fact, greater honor should go to those parts that lack it. The James passage warns against giving special treatment based on wealth and appearance. Those who are poor and marginalized should be honored and respected because God has chosen them to be “rich in faith and heirs to the kingdom which God has promised to those who love him.”

These admonitions are directed to the Christian community, but their truth also applies to the broader relationships of communities and nations. God calls us to raise up the voices of those who are marginalized and vulnerable and to lift up the plight of those who do not have powerful lobbyists and financial resources on their side.

Reflection Questions

1. How do we honor the voices of vulnerable and marginalized people in our communities?
2. In a society where money and powerful interests play such influential roles, how can we work to ensure that the voices of marginalized people are included in institutional decision-making processes?

Hunger Report Theme Summary

The Hunger Report shows that U.S. farm policy, with its system of commodity payments, favors large-scale farms over smaller farms. While all farmers need some protections from the risks associated with farming, the current system undermines farmers in the developing world and does not adequately support smaller farms in the United States.

Policy reform could include 1) helping farmers transition from traditional commodity crops, 2) offering better support to fruit and vegetable farmers, and 3) assisting small scale farmers in developing countries to be more productive. This means not undercutting small scale farmers in other countries by keeping traditional commodity prices artificially low or by monetizing food aid. On the positive side, it means targeting poverty-focused development assistance to better address farmers’ needs through a new program called Feed the Future. For terms that are unfamiliar, please see the Glossary on pages 144-147.

Discussion Questions

1. How does government’s disproportionate support for commodity crops impact what we eat and the nutritional composition of our food system? [Leader: Help the group think back to issues raised by the Hunger Report Theme Summary in Session 1 on page 122.]
2. Recent budget debates have included calls for dramatic cuts to foreign aid, including food aid and development aid. A troubling underlying tension in these debates is the question of whether U.S. taxpayers should continue to provide assistance overseas and at what levels. How can we move beyond an “us”

SESSION 3: FARM POLICIES SHOULD NOT SHOW FAVORITISM

versus “them” mentality and focus the conversation on how we can all benefit?

Activities

1. Read pages 33-34, beginning with the paragraph on Recommended Daily Allowances (RDAs). Examine Figure 1.8. Imagine that you work for the U.S. Department of Agriculture. Divide group members into the following roles: 1) liaisons to program crop farmers, 2) nutritionists or those working to improve diets, 3) liaisons to fruit, vegetable, and organic producers, 4) liaisons to farmers in conservation programs, 5) liaisons to ethanol producers, and 6) those working with nutrition programs, such as SNAP, WIC, and school lunches. Depending on the size of the group, make sure that roles 1 and 6 get greater representation.

Within each role, take a moment to identify the interests you want to protect and write them on newsprint. Note why those interests are important. Retain your small group roles as you rejoin the full group. What joint recommendations can you propose to Congress that advance the interests of the people you serve, but also improve the food system? The goal is nutritious food, grown in sustainable ways, adequate

livelihoods for the producers, and adequate access to nutrition, especially for low-income families.

Debrief: How difficult is it to bring so many different interests to the table? What are the implications of supporting the production of more nutritious food? What does this mean for policies, for farmers hoping to transition, for public health? Who are the perceived losers in the process? Are there ways to help everyone feel like a winner?

2. Read “Phasing out Monetization” (pages 105-106). Map out the relationships between U.S. farmers, the U.S. government, development organizations, and smallholder farmers in developing countries. Trace the movement of money and crops. Add dollar signs for the movement of money and corn ears for the movement of agricultural products. Notice what happens to the U.S. crops. Notice what happens to the small farmers’ crops in Africa. Who benefits and how?
3. As you conclude, pray for efforts to transform our nation’s food and farm system, and consider if there is something God might be calling you to do as a result of this conversation.



Laura Elizabeth Pohl

Biblical Reflection

Read Psalm 72



What an amazing vision of an earthly kingdom and its king functioning as God desires! Although we are unaccustomed to life under a king's rule, we can read Psalm 72 in light of our present reality and discern the characteristics of godly leadership. One clear characteristic is the protection of poor and vulnerable people. In verse 4 the good king is called to “defend the cause of the poor of the people,” and in verses 12-14 he “delivers the needy when he calls” and saves them “from oppression and violence.” Protection of those who are weak is an integral part of the grand kingdom vision. Justice for the

poor goes hand-in-hand with the kingdom's prosperity and abundance (v. 3 and 16), the king's dominion over his enemies (v. 8-9), and his long life and enduring fame (v. 15 and 17).

In the world of Psalm 72, the king was the government. It was his decision whether to defend the poor and deliver the needy of his land. While our present government bears little resemblance to a king, it still decides whether to save those who are weak from oppression and violence. And in a representative democracy such as ours in the United States, a government “of the people, by the people, for the people,” we have a voice in these decisions. We are collectively in our country what the king

of Psalm 72 was in his. And although the forms of government may change and have changed, God's desired characteristics have not.

When Israel's leaders did not uphold God's kingdom vision, the role of the prophet was to call them to account. In God's eyes, the leaders were not free to rule their nation as they desired. When poor and vulnerable people were not protected, when weak and needy people in the land were oppressed and exploited, God spoke through the prophets to the rulers of the land. From Isaiah to Jeremiah to Amos to Micah, God's message through the prophets was clear: Leaders are not living according to God's vision when they fail to protect those who are needy and vulnerable. Societies are not in right relationship to God as long as there is injustice in the land. The outward symptom of disregard for the poor betrays an inner disregard for God. Disaster awaited if Israel did not change its course and restore justice to the land.

Reflection Questions

1. Given what God teaches us, what should the role of government be in protecting poor and vulnerable people today?
2. How does our government here in the United States currently align with God's vision for a just society? In what ways are we living up to God's vision? In what ways are we falling short?

Hunger Report Theme Summary

In 2011, rising food prices have again drawn attention to the plight of poor people around the world. The 2012 Hunger Report argues that poor and vulnerable people should be protected as governments seek to fix the broken food system. Even as our nation struggles to address budget deficits, our food and farm policies should strengthen the food and nutrition safety net for people in the United States and around the world. This includes improvements in food aid and support for sustainable agriculture, as well as food and nutrition programs such as SNAP, WIC, and school meals. See the Glossary on pages 144-147 for unfamiliar terms.

Discussion Questions

1. How does society benefit when people are well-nourished?
2. How do U.S. safety net programs benefit society as a whole? How does poverty-focused development assistance to poor countries benefit more than just the recipients of that aid?

Activities

1. “Starvation in the Horn of Africa” (Box i.1, page 16) notes that “food shortages may be triggered by drought, but famine is not the inevitable result.” Make a list of actions that could protect poor and vulnerable people from starvation in a future drought. Circle the items on your list that could be influenced by U.S. foreign assistance. Are there other ways the United States might help prevent famine overseas?

2. Identify the people in your group who do the most grocery shopping for their households. How much do they spend for each person for each meal? Consider that with SNAP benefits (formerly food stamps), a family of four receives \$4.50 per person per day for food. Now plan a grocery list for one month with this figure in mind. What foods did you include? What foods did you exclude? How is this similar to or different from your diet? Will you make it through the end of the month? What will you do if you can’t? Look at Figure 1.2 (page 25). Notice how variations in food prices affect household budgets.
3. As you conclude, pray for efforts to transform our nation’s food and farm system, and consider if there is something God might be calling you to do as a result of this conversation.



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Biblical Reflection

Read Proverbs 13:23 and 1 Corinthians 9:7-11



There are various passages in the Bible that call for decent and fair treatment of workers, acting justly toward them and not exploiting their labor. Proverbs 13:23 suggests that injustice makes it difficult for poor farmers to benefit from what their fields produce. In the 1 Corinthians passage, Paul reaffirms the biblical principle that workers should earn an adequate livelihood from their labor. He states this within the context of addressing the

care and livelihood of those called to be apostles.

Throughout the Bible, calls for justice reflect a basic understanding that within the community, honest work deserves a decent livelihood. It is basic to how people should live in relationship with one another in God's world.

Read Leviticus 19:33-37

Immigrants (also referred to as strangers, aliens, or sojourners) are recognized in the Bible as one of the most vulnerable populations. For this reason, they are lifted up time and again for special care and consideration along with the other most vulnerable groups, the widows and the orphans. Throughout the Old Testament law, there is provision for the immigrants, in leaving gleanings for them, allowing them Sabbath rest, protecting their rights in legal disputes, paying them a fair wage, and not exploiting their labor. The people of Israel were constantly reminded by God that they had been slaves and immigrants, and should therefore care for and protect this vulnerable class of people in the land. Interestingly, many prominent people in the Bible were

also immigrants or foreigners. How many can you name? (See Leader's Notes at www.bread.org/go/hunger2012 for a list.) Clearly, immigrants are near and dear to the heart of God!

Reflection Questions

1. Decent wages and protections for workers, native-born or immigrant, is important within the biblical vision of justice and right relationship among people. What might that mean for us today within our society?
2. Unauthorized immigrant workers are among the most marginalized and vulnerable populations in the United States, due primarily to their legal status. How does a biblical vision of justice instruct our perception and treatment of unauthorized immigrants? How might such a vision guide us to respond to the legalization debates in our country?

Hunger Report Theme Summary

One of the values this Hunger Report lifts up is the need for a food system that supports sustainable livelihoods for all farmers and farm workers. For farmers, the report lifts up revenue insurance as an important way to manage the risks of farming. Since specialty crops are heavily dependent on immigrant labor and many of the workers are unauthorized to work in the United States, an important policy change would be for Congress to legalize immigrant workers, giving them greater protection under the law. Reforming our agricultural guest worker program so that it benefits U.S. growers *and* poor small farmers in Mexico is also an important part of making our agricultural labor system beneficial to farm communities on both sides of the border.

Discussion Questions

1. How should those who work the land (farmers, farmworkers, migrant laborers) be protected from having the fruit of their labor “swept away by injustice”?
2. How would you define a sustainable livelihood for farmers and farm workers?

Activities

1. On newsprint, make a list of potential risks that a farmer might face. Now look for the article on risk management (pages 41-45). Read the introductory paragraphs, the first two paragraphs in the section titled “Revenue Insurance for the Whole Farm,” and the first two paragraphs under the section called “Shared Responsibility and Fairness.” Also, review the definition for “commodity payments” in the Glossary on page 144.

Discuss the following questions in small groups. How will revenue insurance create some protections in the face of these risks? Evaluate revenue insurance and commodity payments in light of the principles of sustainable livelihoods for farmers and fairness overall. How do they compare?

2. Read “Maria’s Story” (page 72). On newsprint, make two lists. In the first, note the factors contributing to Maria’s coming to the United States. In the second, note both the challenges she faces here and the reasons she stays. Read the two sections under the AgJOBS heading (pages 84 and 86). How might Maria’s life improve and become more sustainable through the AgJOBS legislation? What challenges would not be addressed by AgJOBS?
3. Review Figure 3.2 (page 76). In small groups, create a budget based on the crop farm worker wage. Make sure to include rent, utilities, transportation, groceries, insurance, toiletries, cleaning supplies, entertainment, and clothing, etc. In the full group, discuss the following questions: What was the most difficult thing to give up? What was essential? How did you prioritize the essentials?
4. As you conclude, pray for efforts to transform our nation’s food and farm system, and consider if there is something God might be calling you to do as a result of this conversation.

For an additional activity, see www.bread.org/go/hunger 2012

The AgJOBS Bill: A Step in the Right Direction

One of the most promising options for Congress to better support all farmers and farmworkers is the Agricultural Job Opportunity, Benefits and Security bill (AgJOBS). The bill contains two main components: The first would provide a path to earned legalization for unauthorized farm workers. This part of the bill addresses agricultural workers already living and working in the United States. The second part addresses the future flow of farm workers by reforming the H-2A agricultural guest worker program. This part of the bill makes it easier for farmers to recruit agricultural guest workers and provides the workers with additional protections.



Laura Elizabeth Pohl

Biblical Reflection

Read Mark 2:1-5 and Luke 5:17-20



Both versions of this gospel story offer a vivid image of a group working together for a positive goal. God calls us into such community. Genesis makes it clear from the beginning of creation that God intends for us to have helpers. God says of Adam, “it is not good that the man should be alone” (Genesis 2:18). The biblical story continues as a description of the relationship between God and the people of God. It is a community, not an individual, called to the Promised Land. And God blesses community. In Matthew, Jesus promises the disciples, “Where two or three are gathered in my name, there am I in the midst of them.”

In the community described in our passage, a collection of individuals combined their resources and skills to get the paralytic to the place where he could receive what he needed. Note the differences and similarities in these two versions of the story. (See Leader's Notes at www.bread.org/go/hunger2012 for ideas on the similarities and differences.) Consider the many gifts that people in the story likely offered: resources such as a ladder and tools to get through the roof, creativity, strength to carry the man, and even the willingness of the homeowner to have a hole put in the roof. After the group achieved its goal, Jesus recognized their faith, not simply the faith of the paralytic.

Reflection Questions

1. What struggles might this group have faced as they saw the challenge ahead? What might have helped and hindered their efforts?
2. How are these same dynamics in play as communities face the challenge of ensuring everyone is fed?

Hunger Report Theme Summary

It will take a variety of efforts to change the food system. Many communities around the country (and world) are taking important steps to promote the distribution of and access to nutritious food. Throughout the report you will find stories about communities that are harnessing their own resources to improve their lives.

There are stories of farmers working domestically and internationally with local school systems to provide food for healthy meals. There are communities organizing to bring supermarkets to their neighborhoods in order to improve access to a wider variety of fresh foods. Former tobacco farmers in Virginia have come together to learn more about organic and sustainable practices to produce healthier food, and they have partnered in distribution to gain access to wider markets. They are



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SESSION 6: COMMUNITY EFFORTS CAN TRANSFORM FOOD SYSTEMS

getting educated, getting organized, and improving the reach of healthy foods to communities in need. The positive impacts of these efforts can be multiplied if supported by better food policy.

Discussion Questions

1. What efforts are happening in your community to promote the growing and processing of nutritious food?
2. Where have you seen unlikely collaborations between individuals and groups to improve the availability and quality of food?

Activities

1. Read “Eat Well and Create Jobs” (Box 1.3, page 40) and “Closing the Healthy Food Gap in Rural Oregon” (Box 2.2, pages 56-57). In the middle of a piece of flip-chart paper, draw stick figures representing a household with small children that decides to start eating more fresh fruits and vegetables. Around the figures, draw (or list) in a different color marker all the people and groups you can think of who will be affected by the family’s choice. Using a third color marker, add the names of all the people or groups who can make it easier for the household to eat more fresh fruits and vegetables. What connections do you see among these groups?
2. Read “An Appetite for Sustainably Produced Food Creates New Opportunities for Farmers” (pages 34-36). How did this community come together to make the transition from tobacco farming? What community resources did they tap? Break into pairs and see which pair can come up with the best idea for a similar transformation from program crops (rice, corn, soy, cotton, wheat) and commodity programs in your community.
3. Read “Farm-to-School Programs Help Kids Eat Better and Benefit Local Farmers and Communities” (Box 2.3, page 64). Now find your state on the tables for youth fruit and vegetable consumption at [www.fruitsandveggiesmatter.gov/health_professionals/](http://www.fruitsandveggiesmatter.gov/health_professionals/maps_youth.html)

[maps_youth.html](http://www.fruitsandveggiesmatter.gov/health_professionals/maps_youth.html). In no state are adults or youth eating the recommended amounts of fresh fruits and vegetables. What do you make of your state’s results? How can this story serve as inspiration for what might happen in your community or state? Now find your state on the chart of “Policy and Environmental Indicators” at www.fruitsandveggiesmatter.gov/health_professionals/statereport.html. Using the data you find, list ways you believe people could increase the fruit and vegetable consumption in your state.

4. As you conclude, pray for efforts to transform our nation’s food and farm system, and consider if there is something God might be calling you to do as a result of this conversation.



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