

TASTE and
SEE

a
Fast for
Change
Youth
Event



Photo credit: Hans Splinter



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a Fast for Change Youth Event

Purpose: *To deepen our reverence for the food we eat by actively participating in its production.*

End Goal: To have your participants take pause, revel in the smells of the experience, and *taste and see* that God is good!

Overview: *Taste and See* is a youth event where young people bake bread together, both as a physical activity for nourishment and as an act of worship. The group will be led in reflections on the nature of food and have the opportunity to praise God for the ingredients as well as the final product. After sharing the delicious, fresh baked bread together, the group will be encouraged to write a Letter to Future Self on the back of a recipe card, making note of their personal reaction to the experience. The length of the event is determined largely by the recipe chosen by the leader as well as the number of Take It Further ideas involved (see below).

How to use this event

Taste and See is a great way to end your Fast for Change as a group, or it can function as a stand-alone event any time you wish to focus on the miracle of food. As with all Fast for Change activities we suggest World Food Day, Oct 16, as the ideal date to think about our food consumption and stand in solidarity with those who experience hunger around the world.

For setup you will need:

- Access to an oven
- A recipe (Use the recipe in here or something new! See below)
- Various ingredients and kitchen tools (mixing bowls, measuring cups. See recipe.)
- Enough space for everyone involved to mix ingredients, knead the dough, etc.
- This guide
- One blank recipe card and a pen for each participant

Recipe:

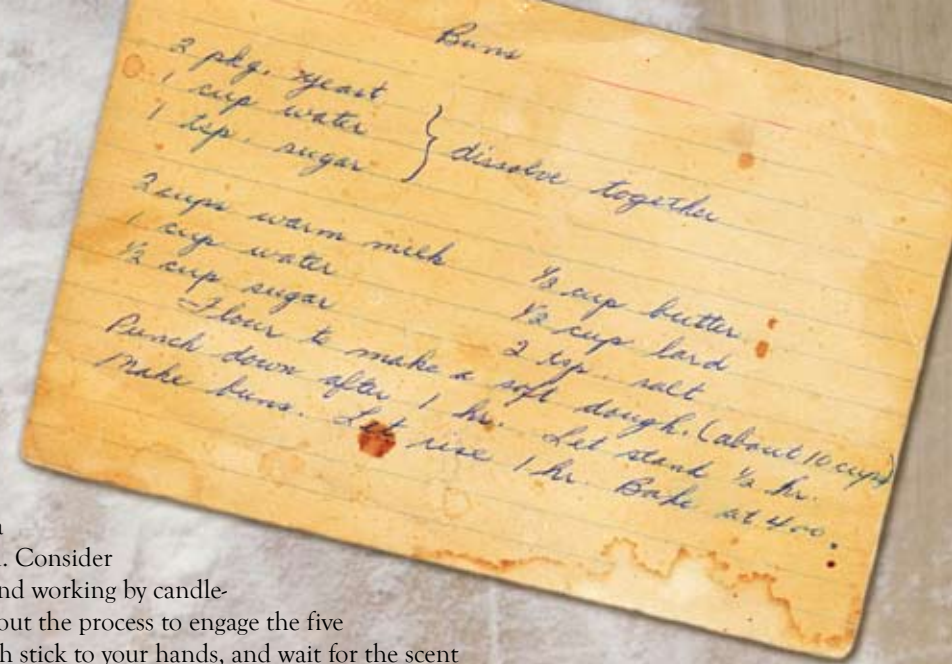
Recipes are provided in this guide and at fastforchange.ca. You could also ask an elder member of your group or family to provide a traditional recipe. Better yet, ask them to come in and lead you in making it! Alternatively, many churches have congregational or denominational cookbooks (often used as fundraisers) that are a rich source of recipes and ideas.

Also: Making buns, rolls or tiny loaves allows each participant a chance to form the bread themselves.

Photo credit: Jim Champion



Photo credit: Chris Palmieri



Process

Slow and steady. Stretch it out. Emphasize the process as a learning experience, not a task to be completed. Consider lowering the lights and working by candle-light. Pause throughout the process to engage the five senses: feel the dough stick to your hands, and wait for the scent of the bread to come wafting out from the oven. Make the experience as hands-on as possible (no bread makers!).

Take time for Reflection/Interaction

Prepare a bible study or lesson around the bread, its ingredients, and the process, or use the Sample Lesson provided. Create some space in the process of baking, with the flour still on their clothes and the dough still stuck between their fingers, and have your participants reflect on the readings from the *Fast for Change: 7 Days to Tend the Earth* booklet or from the scriptures. Some recipes require significant time for the dough to rise. Be prepared to fill these hours.

Break your Fast

Whether your group has been fasting for a specific time or just since they started baking, celebrate the gifts of God as you sit to break bread together. Consider setting a lavish banquet table, or alternatively sit together around a simple rug. Ask whether or not bread tastes better when it comes from the work of your own hands. Praise the Lord for the miracle of turning soil, air and sunlight into rich nutrients and sumptuous flavours. Taste and see that God is good!

Take it Home

Hand out a recipe card and a pen to each participant. Have them copy the recipe onto one side of the card, so that they can take it home and share it with friends and family. On the back of the card, encourage each participant to write a brief Letter to Future-Self, where they record insights or experiences from the event that they want to remember in the future. This could include favourite moments, comments made, or a commitment towards action.



Photo credit: Bemo

Take-It-Further Ideas

Want more? Add any or all of these elements to spice up the experience!



Double the Experience with Soup

Following the same basic principles, have the group prepare a basic vegetable soup along with the bread.

Make Your Own Butter

Pour some whipping cream (35%) into a small, sealable container with a pinch of salt. Add the lid and shake vigorously (!) for approximately 5-6 minutes. First the cream will thicken into whipped cream, and then it will separate into butter milk and fresh butter!

For Smaller Groups or Really Big Ones

Consider asking volunteers to host a small group in their home kitchens, where people can gather for a lesson in a more intimate environment.

Ethical Edibles

Consider using fair-trade/local/organic ingredients when possible.

Agricultural Connection

If you're planning well ahead of time, consider growing your own herbs to add to the bread and/or butter. Feel the richness of the soil when you plant the seeds, and participate in the miracle of creation.

Take it Outside

Stand in solidarity with brothers and sisters around the world and cook your bread over a wood fired oven. This may be really difficult and require specific tools, but plenty of people do it every day.

Dietary Considerations

Be sensitive to people requiring gluten or dairy-free foods, as well as participants who may choose to eat only Vegan foodstuffs (no dairy or other animal products).

Worship Connection

Ask your pastor/priest about the possibility of using the bread you bake as part of the church service and/or communion.



Photo credit: Lars Hammar



Sample Lesson Plan

Reflection Exercise

Read the following aloud to your group to help them focus on the miraculous nature of the plants we eat everyday!

Imagine reading the announcement of a breakthrough, Nobel Prize winning invention that automatically produces safe, renewable food without the need of electricity or oil for fuel. This invention, the article boasts, has built in receptors that absorb cosmic radiation at an incredibly efficient level and uses the energy to harvest various chemical compounds from the immediate environment. The unit is built with dedicated memory back-up, and automatically stores and shares this data with other units to prevent the loss of vital information. Best of all, the invention not only produces food but stores a small amount of harvested resources, energy and data in additional secondary batteries and eventually duplicates itself entirely, thus increasing production yields and environmental survival probabilities. Finally, if the invention is damaged or operating inefficiently, it is 100% recyclable and the component pieces can easily be used to create further models. What would such an invention look like? What could it mean for the people of Earth? And how would we celebrate its inventor?

These inventions are all around us, and always have been. Since the beginning, the plants of the earth have fed us and kept us alive. Each and every one is truly marvelous.

Consider rereading this section with the group, and help them to draw the connections. For example, Plants indeed are a source of safe, renewable food. They produce no pollution in the process of growing, need only naturally occurring elements (often in forms that we ourselves cannot use such as carbon dioxide and sunlight). Plants cross-pollinate to create further diversity and resilience, and naturally reproduce and spread across their environment. When they die, their mass becomes a rich source of nutrients for other plants to grow, which is essentially an incredibly efficient system of recycling.

Sample Prayer

What do we have that does not come from you, God our Provider? All the ingredients before us have come from your hand. You gave us the soil of the earth, and the sun in the sky. You provided the air that we share with the plants, that we both may live. When there was no food in the desert, you and you alone fed our sisters and brothers in the wilderness. We have tasted the goodness of your creation. We have watched the ingredients pour together and felt them mix between our fingers. We have been sustained by your glorious provision.



Photo credit: Jonathan Hinkle



When we are surrounded by such wonderful plenty, may we always praise you? When we find ourselves in need and longing for our daily bread, may we call out to you and may you hear our cry.

Discussion Questions

- What stood out to you about the process of making bread by hand?
- How many different types of bread can you think of? What differences are there in the ways they are prepared?
- How much time do you spend in a single day preparing food? More or less than the average person?
- Can you describe the way the dough feels in your hands?
- Where does your food come from, and how do you choose what to eat?
- What percentage of the food that you eat comes pre-made in a package, box or wrapper?
- Does food taste better when you make it yourself?
- What do you think when you hear the following phrases:
Bread of Life, People do not live by bread alone, Our Daily Bread
- When did you first engage your sense of smell? What got your nose's attention?
- Did anyone notice the sound of air-bubbles popping as we kneaded the dough?
- What types of food will you just not eat? Why?
- How did you use the five senses different in baking bread than you normally would preparing food?
- How did your parents/guardians prepare their food? What about their parents?
- Can you think about any stories in the bible that talk about bread or food?
- Why do you think we use bread during Communion/the Eucharist?

Feedback

We here at the Canadian Foodgrains Bank would love to hear from you. Choose a volunteer to write to us about your group's experience and they'll be entered to win a free hoodie or one of our other prizes. To enter, send a description of who you are and what you did to foodjustice@foodgrainsbank.ca with "Taste and See Feedback" in the subject line. Photos and youtube.com links are welcome too!

For further information, resources, event ideas and opportunities to get involved, don't forget to visit foodgrainsbank.ca



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