



## Weekend of Prayer and Action Against Hunger - Action Guide

Read the [10 Commandments of Food](#) and considering taking action with your community in the following ways:

Reflection	Commandment	Meal	Reflection question	Task
Reflection 1	1. Give thanks for the food you eat	Prepare and eat a meal where as many as the ingredients as possible have been produced within 100km of your home. During the meal spend time giving thanks for all those involved in getting the food and meal to your table.	How easy was it to source a full meal using local ingredients? Which ingredient travelled the furthest to get to your table? Where did it come from? What does this tell you about the food system?	Visit a local farm or small producer in order to learn about their role in the food system of your area. If appropriate pray for them
	2. Eat food grown as close as possible to where you live			
Reflection 2	3. Strive for all people to have knowledge about and access to affordable, nutritious food	Prepare a simple nutritious meal where there is sufficient for everyone to have enough. Eat the meal in silence and mindfully with others and reflect on this once the meal has been completed.	What drew your attention as you shared a meal in silence?	Research and read about malnutrition and its root causes in your country or region
	4. Eat mindfully and in moderation			
	5. Do not waste food			

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Reflection 3	6. Be grateful to those who grow and prepare food for your table	During the meal, speak of all those involved in growing, producing and manufacturing the ingredients for your meal. What do you know of how they are treated and paid? Spend time giving thanks for them	What do you know about how farm and food workers are treated where you live?	See if it is possible to interview (or read an interview) with a person who works on a farm or in food production. Ask them about their lives and what their work entails?
	7. Support fair wages for farm workers, farmers and food workers			
Reflection 4	8. Reduce the environmental damage of land, water and air from food production and the food system	Prepare and eat a meal made from fresh and diverse ingredients with as little waste as possible	What is the environmental impact associated with food production? How can you limit the impact of your food and food habits on the environment?	Plant seeds for vegetables and fruits in a locally available plot of land, or in your home / roof or balcony, using containers. Care for these until they are ready for harvest. Also consider composting of the vegetable waste generated in your homes.
	9. Protect the biodiversity of seeds, soils, ecosystems and the cultures of food producers			
Reflection 5	10. Rejoice and share the sacred gift of food with all	Share a meal with people you wouldn't usually eat with. Get to know your guests and learn more about their lives- their joys and challenges. Learn from their experiences. When the disciples invited Jesus on the road to Emmaus and shared the meal, their hearts and eyes were opened to see God. Reflect on ways in which you can get involved in ensuring just and equitable access to food for all people	What is one change in your life around food that you'd like to change in the next year?	Develop and sustain relationships with the people you have shared the meal with.



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