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Radical Empathy for Kids - A Family Affair

“All who are hungry, come and eat.”
- *Passover Haggadah*

At the beginning of the Passover Seder we welcome anyone who is hungry to come and enjoy a feast at our table. Hunger is a pervasive problem in our society. How do you teach children about the problem of hunger today? Here are some tips to cultivate radical empathy and teach your children about the rules of eating on Passover:

- 1) Go through the food pantry with your child and look at all the food that is not kosher for Passover. Consider donating some of it to a food bank, so that others can have something to eat. Speak with your child so they know that we can share our food with others who have nothing to eat.
- 2) Expiration Dates! Believe it or not, many expiration dates are only suggestions. The folks at **Still Tasty** have a guide to show you that even if a food is expired it can still be eaten and is still healthy. Use the guide [here](#) to help you donate appropriate food to the food bank. Use this as an opportunity to engage in conversation with your child about determining which items are suitable for donation and how everyone who is hungry deserves to eat healthy food regardless of their circumstances.
- 3) Since Passover is a springtime holiday, take the opportunity to do some spring cleaning. Encourage your kids to review their own wardrobes and toy chests. Help them find toys and clothes that are in good condition to donate. Talk about kids who don't have toys to play with or clothes that fit. Remind them that learning to care about others is an essential part of the Passover story.
- 4) Make the delivery to the food bank or collection site a family outing so that your kids can see where their donations go. Share in conversation as a family about the value of “All who are hungry” from the Passover Haggadah.



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