

Activity: Go Eat Ethically: A Card Game

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FACE THE FAST

Objectives

Through this activity participants will:

- learn about the practice of ethical eating.
- consider how our daily choices can support ethical eating, contribute to the proper use of Creation, and build solidarity with those working for justice in the food sector and those suffering from food insecurity.

Activity Summary

This activity is based on *Old Maid* and *Go Fish*, the children's card games. The object is to gather suits of 4 similar cards, avoiding the one negative card (in this case, *Hunger*), until all of the player's cards are gone. (The suits include: descriptions of healthy foods and products, goods from small local farms, and activities that promote environmental sustainability and justice for farmers and agricultural workers.)

Materials Needed

- decks of "Go Eat Ethically" cards, made by photocopying the sheets provided and cutting out cards from cover stock or heavy paper

Procedure

Divide participants into groups of 4. If you have an odd number of participants, groups may contain 5 members.

Introduce the card game.

Each deck has 33 cards, including 8 suits of four and one *Hunger* card. (Note: Each card in the suit is not identical, so players must pay attention to the suit title on each card.)

Each player should receive 5 cards; the remaining cards should be piled in the middle of the players. Players will try to assemble suits of four.

If any player receives 4 cards of the same suit in his/her first hand, the suit should be laid down. If the player does not have 4 cards of the same suit, he/she should ask if other players have any cards from that suit.

If another player has a desired card, he/she must give it to the player who requested it. The receiving player then has another turn.

If the other players do not have a match, they say: "Go Eat Ethically." The requesting player must pick up a card from the deck.

Players cannot ask for cards from suits they are not holding.

Players should read all card contents when laying them down.

The game is played until all the suits are down and one person is left holding the odd card out, *Hunger*. The player holding this card has lost the game.

Debrief

When each group has finished the game, group members should reflect on the statements on their cards. Ask the participants to discuss what they found interesting as they played this game and what they learned about eating ethically.

When all groups have finished, ask a member from each group to share highlights from their discussion. Invite participants to ask any questions they may have about the concept of eating ethically.

Activity:
Go Eat Ethically:
Playing Cards

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FACE THE FAST

You are What You Choose

Choose to learn about the causes
of hunger

You are What You Choose

Choose to learn about how you can act
to end hunger

You are What You Choose

Choose to eat locally-grown, healthy food

You are What You Choose

Choose to support justice for small
farmers and agricultural workers

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FACE THE FAST

Reflective Food Shopping

Avoid buying processed, over-packaged foods as much as possible

Reflective Food Shopping

Support farmers' markets and food co-ops

Reflective Food Shopping

Join a local group that pre-pays farmers to deliver fresh-picked foods to members on a weekly basis

Reflective Food Shopping

Support food stores that support just working conditions

Activity:
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FACE THE FAST

Reflective Eating

Eat mindfully – find out where your
food comes from

Reflective Eating

Plan meals carefully, aware of the
ethics of eating

Reflective Eating

Pray after meals to bless all who those
grew, picked, and distributed your food

Reflective Eating

Pray before meals to give thanks
for the food

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Fair Trade Food: The Taste of Justice
Fair Trade jam and jelly

Fair Trade Food: The Taste of Justice
Fair Trade Chocolate

Fair Trade Food: The Taste of Justice
Fair Trade nuts

Fair Trade Food: The Taste of Justice
Fair Trade Coffee

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The Fruit of the Vine: Helping Farmers

Buying from local farmers helps
your community

The Fruit of the Vine: Helping Farmers

Farmers in developing countries
receive high quality seeds that yield
better harvests

The Fruit of the Vine: Helping Farmers

Diversifying crops ensures a farmer will
have a crop to both eat and sell, however
many farmers don't have this option

The Fruit of the Vine: Helping Farmers

Organizations like Catholic Relief Services
teach farmers new techniques to
improve their farms

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FACE THE FAST



School Lunches in Developing Countries

School feeding programs are often the only source of healthy food for children in poor communities

School Lunches in Developing Countries

School lunches, provided by organizations like Catholic Relief Services, reduce childhood malnutrition

School Lunches in Developing Countries

Communities in developing countries come together to ensure children receive meals at school

School Lunches in Developing Countries

Girls who attend schools with feeding programs receive food to take home as a reward for attendance

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FACE THE FAST

More Land for Growing Staple Foods

Grains

More Land for Growing Staple Foods

Beans

More Land for Growing Staple Foods

Vegetables

More Land for Growing Staple Foods

Rice

Activity:
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Sharing the Bounty: Foods to Donate
Organic canned goods

Sharing the Bounty: Foods to Donate
Fresh vegetables

Sharing the Bounty: Foods to Donate
Whole grain pasta, breads

Sharing the Bounty: Foods to Donate
Fresh fruits

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FACE THE FAST

Hunger

Hunger

Hunger

Hunger