



Healthy Practices | Week 4: Community (External)

Community Care—Our Food Insecure Neighbors

One of life's most persistent and urgent questions is, "What are we doing for others?" — Dr. Martin Luther King Jr.

The generous will themselves be blessed, for they share their food with the poor. — Proverbs 22:9

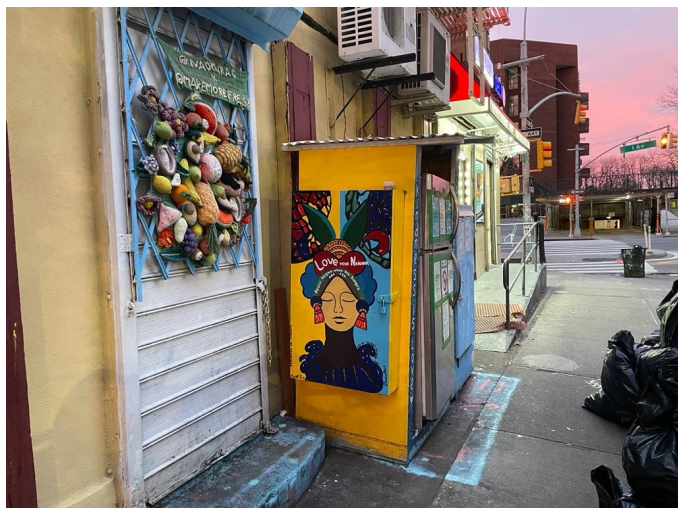
Various clinical studies show that *the act of giving or helping* benefits **both** the receiver and the giver. Individuals who participate in community projects, donation drives, and other positive interventions to help others report experiencing positive emotions, an increase in empathy, and feeling a deeper sense of purpose and connection. Research also indicates a correlation between *the act of giving or helping* and longevity of life for the giver.

The East Harlem Community Fridge

Where: 108 St. & 1st Ave., directly next to Cafe Ollin (where we hosted our Fall Cash Mob).

How: Bring food and place it inside the EH Community Fridge—it's that simple! You can bring fresh, canned, dried goods, and/or pre-cooked meals in to-go containers (please label them).

When: Come at any time of day or night, it's always open. No one serves as a gatekeeper.



A helpful reminder with this aid:

You may feel uncomfortable engaging with this practice the first or second time, for various reasons (example: maybe someone is waiting nearby and asks for money instead of food), but pray and ask God to help you manage your discomfort so you can love your neighbors tangibly through this practice.

Leave your donation in the fridge and **pray** for those who will receive your items.

Adding this practice to your life:

Often we need calendar reminders to make sure agenda items get accomplished. Add this as a regular practice to your monthly calendar.

Acknowledgements: Penn Libraries: University of Pennsylvania Scholarly Commons, Psychology Today

This Healthy Practice has been curated, edited, and/or written by Angela Adour, MAC, who uses this practice with her clients.



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Community Care—Sharing Our Food

Say this to your child:

Did you know that God tells us that we should share our belongings with others who have needs? One way we can do this is by sharing some of our food and giving it to other people who do not have enough to eat. This helps others and it really makes us feel good, too.

Engaging in this practice with your child:

Say:

- What kind of food do you think we should share?
- Do you want to look through our cabinets with me for some food we can give to others?

Do:

- Pack a bag of food with your child.
- Take your child, and the bag of food, to the East Harlem Community Fridge.
- Let your child carry one of the food items as they walk.
- Let your child place items in the fridge.
- Pray aloud with your child before leaving the fridge, “God, please bless those who take this food! Amen.”

Read this verse to your child:

Generous people are blessed by sharing their food with the poor. – Proverbs 22:9 simplified

In the box below, draw a picture of what you imagined when you heard that Bible verse:

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