

Kid's Activity #7

Food Sharing

Rediscovering food-sharing traditions

Food-sharing Traditions

Learn about food-sharing traditions and prepare a delicious meal together.

Time:

1 hour: researching holidays, festivals and ceremonies (can be done in advance)

1 hour: stories about food-sharing traditions

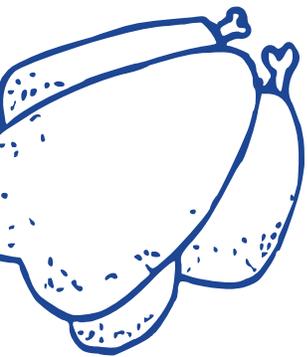
1 hour: food preparation

Many cultures around the world celebrate seasonal harvests and food traditions with feasts or fasts recognizing times of plenty or scarcity.

The Indigenous communities of the Pacific Northwest Coast celebrate *potlaches*. The potlatch is a gift-giving feast that has been celebrated for centuries. Preserved food called *sta-bigs* is given to guests.³⁴

In Mexico, sharing food is an essential part of traditions like *Día de los Muertos* (Day of the Dead). Families gather around an *altar de muertos* (shrine for the dead) in their homes to share their favorite foods and tell stories of their loved ones who are no longer with them.

Celebrations, like Thanksgiving, that center around food are the perfect time to rediscover traditions or invent new ones that honor food, share it and make sure it doesn't go to waste.



Making it Happen:

Before you get started, research holidays, local harvest festivals or ceremonies where food is shared. Come to the table with what you've learned and when you gather to eat you can share your knowledge.

1. Where and when is the celebration held?
2. What culture is it from?
3. What dishes are prepared? What are they made from?
4. Is sharing or gifting food part of the celebration?
5. Can you think of similar celebrations that you share with your family? What's different? What's the same?

Make a poster showing different food celebrations and when and where they are celebrated. Include recipes, special clothing and pictures of the food.



Cooking Stone Soup 1 hour

Now that you've learned about food and harvest celebrations, let's gather a group to cook and eat together. Everyone brings one ingredient from home that needs to be eaten up. The teacher or group leader can bring the missing ingredients.

- Rescued or leftover vegetables, leftover beans or rice, tomato sauce (use your investigator skills from Activity #4 to find food items that need to be used up)
- Cooking oil
- Knife, cutting board and cooking pot
- Hot plate or stove
- For a simple no-cook version of this activity, bring fruit or vegetables for salad-making
- Watch the [Stone Soup story](#)³⁵ or find a copy to read.
- With adult supervision, carefully chop the ingredients into small pieces.
- Warm the pot, add cooking oil and begin cooking the strongest flavors like onions and garlic first. Next, add the firmest ingredients (like carrots) for 5 minutes, stirring frequently. Add water and let soup come to a boil, then simmer. Taste often and decide as a group which flavors are missing and need to be added.



Read or Watch the Stone Soup Story

Stone Soup is an old folk story where a hungry stranger convinces the people of a town to each share a small amount of their food in order to make a meal that everyone enjoys in the end.

Did you know?

All across North America various organizations rescue food and engage volunteers to distribute it. For example:

- Canada: [Second Harvest](#) and [Food Banks of Canada](#)³⁶
- Mexico: [Bancos de Alimentos de Mexico](#)³⁷
- United States: [City Harvest](#)³⁸

With your parent's permission, check out local organizations that rescue food and see if you can volunteer or help.

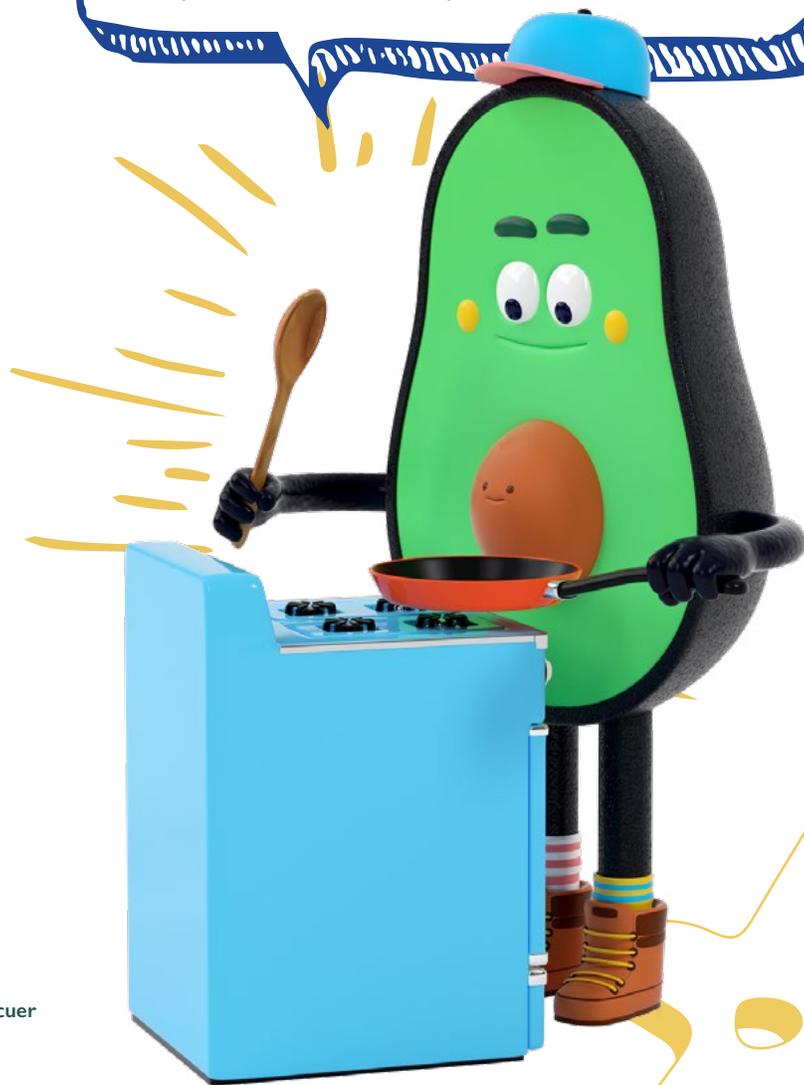


Want to do More?

- Discover how food is celebrated by attending a harvest festival in your community.



- If you enjoyed making stone soup, make a plan to cook together once a week to feed your group or others. See Activity #17 to learn about hosting a Disco Soup Party.



³⁴Snyder, S. (1975). Quest for the sacred in Northern Puget Sound: An interpretation of potlatch. *Ethnology*, 14(2), 149–161.

³⁵August House/Story Cove (2017). Stone Soup (Animated Stories for Kids). <<https://www.youtube.com/watch?v=BZf60cb3Th8>>

³⁶Second Harvest (2018). <<https://secondharvest.ca/>> and Food Banks of Canada. <<https://www.foodbankscanada.ca/Home.aspx?lang=en-CA>>

³⁷Bancos de Alimentos de Mexico (2018). <<https://bamx.org.mx/>>

³⁸City Harvest (2018). <<https://www.cityharvest.org>>