

## **Workshop Offerings: Food We Give to Others**

Parishes play an important role in helping those who are hungry, and food donations to emergency food pantries are often a large part of this effort. These donations are much needed in our communities, and parishes should continue to keep up this good work. While we need to make sure hungry bellies (opus) are fed now, we also need to think about hunger and food insecurity in another way – accessing healthy, affordable and sustainable food sources.

Our parishes can play a pivotal role in bringing about the conditions that will enable communities and families to have access to healthy, affordable and sustainable food supplies. Parishes often have resources and infrastructure – land, kitchens, buildings and volunteers – that can be harnessed.

Vicariate-wide workshops will be sponsored with the goals of:

- a. meeting the needs of low-income people by increasing their access to fresher, more nutritious food supplies.
- b. Increasing self-reliance of communities in providing for their own food needs.
- c. promoting comprehensive responses to local food, farm, and nutrition issues.

The first step in setting up a food-related initiative may be one of nutrition education for wellness. The ***Office for Social Ministry is partnering with the University of Hawaii, College of Tropical Agriculture and Human Resources*** to provide food pantries with vicariate-based workshops on practical life skills and nutrition for Hawaii's limited income population that we serve. The workshops will provide households and individuals with limited incomes become aware of their health and well-being by promoting skills building and access to a healthy diet.

The first workshops that will be offered parishes are:

- I. **Life Skills in Food Education** – *Practical life skills in food and nutrition for Hawaii's limited income households*
- II. **Grow Your Own** – *A beginners guide to basic horticultural techniques to ensure access to fresh, inexpensive, healthy food sources through backyard or community gardens for home or parish-based food ministries*

Other planned workshops include:

- I. **Food & Money Basics: Choices and Decisions** – *A beginner's food and money management resource to assist limited income persons manage their money while making healthy food choices.*
- II. **Hawaii Foods** – *In collaboration with the Center on the Family this workshop will focus on health promotion through the use of Hawaii foods and food products.*

More information on the upcoming workshops will be sent to parishes and food pantries.

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