



## **The Sacred Table: Creating a Jewish Food Ethic (Ccar Challenge and Change)**

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The Sacred Table: Creating a Jewish Food Ethic serves up a rich dialogue about the intersection of Judaism and food. This anthology of essays explores the questions and challenges of navigating the personal and communal choices about eating. The historic Jewish approach to eating, traditionally termed Kashrut, is explored, broadened and, in some cases, challenged within this volume. Throughout The Sacred Table, Kashrut is viewed as a multifaceted Jewish relationship with food and its production, integrating values such as ethics, community, and spirituality into our dietary practice. The Sacred Table celebrates the ideology of educated choice. In exploring these complexities, this book includes topics such as food production, the environment, personal health, agricultural workers' rights, animal rights, the spirituality of eating and fasting, gratitude, caring for the hungry, the challenges of eating together, and more. These essays and the questions they pose present a diverse range of voices, opinions, and options that highlight Jewish values and provide ideas about how to navigate these complex choices. Whether for the individual, family, or community, The Sacred Table supplies the basic how-to's of creating a meaningful Jewish food ethic and incorporating these choices into your personal and communal religious practices. Picture a beautiful buffet of choices from which you can shape your unique Jewish food ethic. Read, educate yourself, build on those practices that you already follow, and eat well

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