

A JEWISH HOME

Where we live has a profound impact on our health, stress level, and values. The practices we cultivate in A Jewish Home, a module of seven cook & learn workshops, will help you intentionally build healthy habits both inside and outside of the home!

WORKSHOP 1: FEEDING YOUR BODY AND SOUL

RECIPE: CJA'S CHALLAH



COOKING CONNECTION

Taking care of something requires making good choices. In this case, we need to make the choice to eat good, healthy food to nourish our bodies.



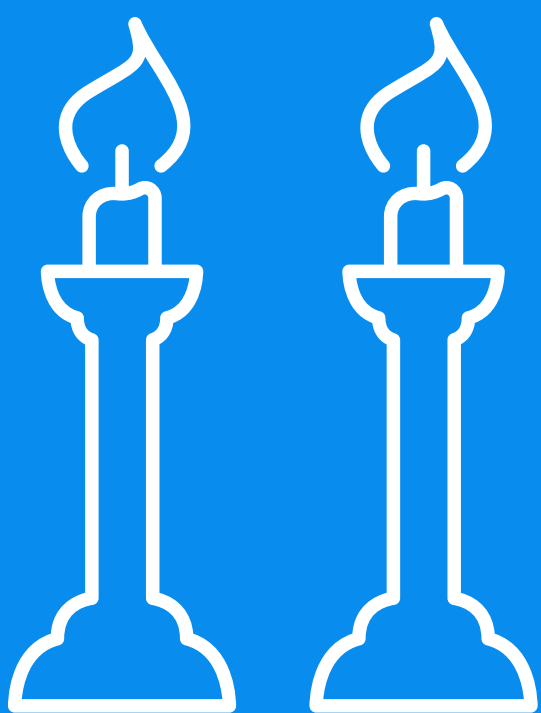
JEWISH CONNECTION

While we may have learned about all the types of work we can't do on Shabbat, Shabbat isn't a time for don'ts; it's a time for do's! Jewish people have used Shabbat to nourish their minds and souls by taking time to refocus on the things that really matter.



EVERYDAY CONNECTION

It can be easy to get caught up in all the running: running to school and work so we are not late, running to the store and running errands. Resting, refocusing, and spending time with loved ones can help us approach every day with more intention!



WORKSHOP 2: LANGUAGE AND COOKING

RECIPE: CJA'S HARVEST VEGGIE SOUP



COOKING CONNECTION

In cooking, one example of a cooking base is called a mirepoix, which is the combination of onions, carrots, and celery. This mixture is used as a base for soups, stews, and much more.



JEWISH CONNECTION

Hebrew words have a base too! Most Hebrew words have a three letter root (shoresh), and whatever prefix or suffix that is attached to a specific word helps to clarify the meaning.



EVERYDAY CONNECTION

Knowing what something is made of can often deepen your understanding of the whole. For example, learning more about where your friends are from and what their values are can deepen your understanding of their perspective!



WORKSHOP 3: LAWS OF FOOD

RECIPE: CJA'S VEGGIE SANDWICH W/ PICKLES & HUMMUS



COOKING CONNECTION

The food we eat and cook with is affected by laws of food both scientifically, like how a banana turns from green to yellow to brown, and also through different organizations who make the laws and provide food safety guidelines to their communities.



JEWISH CONNECTION

There are 613 commandments, or mitzvot, in the Torah and at least 150 of those mitzvot are about how we interact with food! Whether it is keeping Kosher or any of the other 150 mitzvot, all these laws remind us to be mindful consumers and are examples of ways we can bring intentional choices into our daily lives.



EVERYDAY CONNECTION

The way we feel a connection to the world around us is to make sure that what we do everyday, like eating, evokes something larger than ourselves. We can do this by being mindful as consumers—about what food we eat, what clothes we buy, what information we consume, and more!



WORKSHOP 4: GIVING EVERYTHING ITS OWN PLACE

RECIPE: CJA'S VEGGIE STIR FRY



COOKING CONNECTION

In cooking, setting up all of our ingredients and equipment before we start is called "mise en place." Mise en place is a French term that means "everything in its place."



JEWISH CONNECTION

Each Jewish ritual object has its place in a sanctuary, just like each ingredient and cooking utensil has its place in a recipe or kitchen. We'll provide context so that the next time you're in a new Jewish space, you can confidently use the available ritual objects to connect yourself with the spiritual moment.



EVERYDAY CONNECTION

When we take the time to organize our materials and give them their own place before beginning a task, whether it be praying, cooking, or doing homework, that preparation decreases stress and allows us to be more present, joyful, and connected to the experience of the thing we set out to do.



WORKSHOP 5: ESTABLISHING DAILY ROUTINE

RECIPE: CJA'S AVOCADO TOAST W/ SUNNYSIDE UP EGG



COOKING CONNECTION

In the kitchen, we can set ourselves up for success by beginning our day with a nutritious and delicious breakfast.



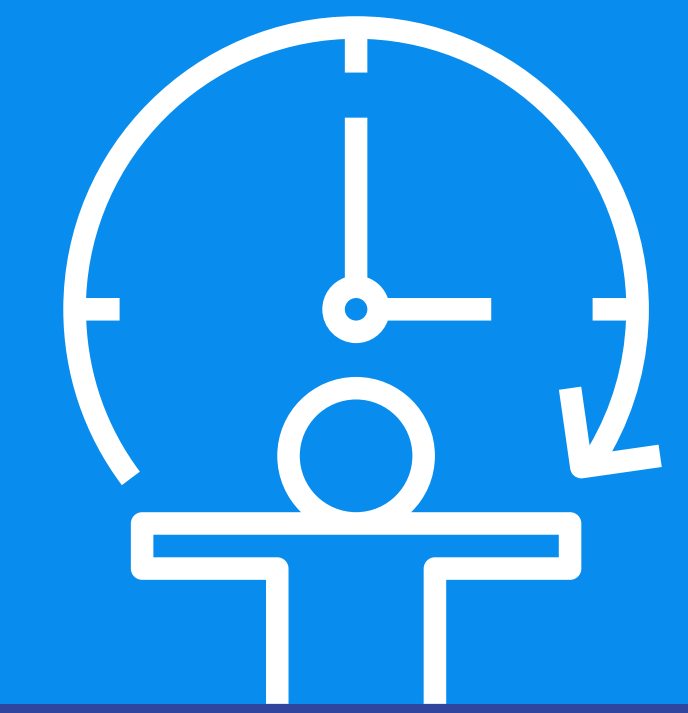
JEWISH CONNECTION

In Judaism, we learn that setting up a successful day includes both setting intentions and time for reflection. We'll explore how beginning and ending the day with morning (Modeh Ani) and evening (Shema) prayers (whether formal or personal) can help to make every day a success!



EVERYDAY CONNECTION

Starting the day off right and ending the day strong can help you feel more confident, less stressed and happier all day long!



WORKSHOP 6: MAKING A HOUSE FEEL LIKE A HOME

RECIPE: CJA'S CHOCOLATE CHIP COOKIES



COOKING CONNECTION

In this workshop, we encourage you to think about your kitchen as a place where family and friends gather. This is where good food and memories are to be made—one delicious meal at a time!



JEWISH CONNECTION

Making a Jewish home is not just about the physical Jewish objects in the house (like a mezuzah, Shabbat candles, or Chanukiah), but also includes the daily actions of the people living there, working together every day to live and treat each other Jewishly. By committing as a family to live Jewishly, the home can become a mishkan, a shared sanctuary.



EVERYDAY CONNECTION

Home feels like home not just because of the physical space but the feelings of safety and comfort that we have when we are present in that space. To get there, we have to actively create a warm, comforting environment for ourselves and our family!



WORKSHOP 7: GETTING CREATIVE WITH YOUR RESOURCES

RECIPE: CJA'S STUFFED RED BELL PEPPERS



COOKING CONNECTION

Following a recipe is great, and sometimes crucial for beginners, but it is not the only way to cook. You become a true chef, and independent thinker, when you learn how to step away from the recipe and trust your earned cooking knowledge.



JEWISH CONNECTION

In the same way, G-d wrote the Torah as a guide for us as we navigate life. In our Oven of Achnai story, we learn that in some circumstances, G-d does not want us to rely on G-d, but rather to use our collective intellects to problem solve for ourselves.



EVERYDAY CONNECTION

Equipped with a guide, whether that's Torah, the knowledge of your peers, or other rules at hand, know that you already have the tools you need to make independent decisions in your life!



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