“Dorothy Day said, ‘Peace begins when the hungry are fed.’ And I wonder if justice begins sometime after that. When the hungry are not just fed but fed well. When those who grow and make the food are honoured and flourishing. When we are in relationship with the land and practicing mutual reciprocity with all its inhabitants. When we begin to truly feed each other, not just with physical food but also with the spiritual nourishment and political solidarity we need to survive.” – Kateri Boucher, Sunflowers and Manna, page 8
buy from the store). Where did they come from, and who were their original stewards?
2. Make your Own Seed Bombs: Gather 1 cup of seeds (edible or native) mix them with 5 cups of clay or ground up paper and water. Roll into balls. Let dry. Throw along freeways, in empty lots, and trust what will be birthed when no one is looking.
3. Tip for collective survival: Teach your children to can.

PRAYER
Prayer for Unintended Redistribution by Michelle Both, page 31

DISCUSSION QUESTIONS
1. Both Patrilie Hernandez and Shannon Evans write about showing up to spaces with attempts to “help” people and instead realizing that their presence was unnecessary at best and harmful at worst. Have you had similar experiences in your life? As hunger abounds in our world, what do we need to keep in mind when trying to keep each other fed?
2. Do you have a favourite recipe that has been passed down in your family or shared among friends? What memories do you hold around it? What smells, sights, tastes? What might the ingredients of the recipe tell you about where it came from?

ACTIVITY
1. Pick a few items from your grocery list this week and trace their origins. Where were they grown and how did they end up on your table? Whose hands may have been a part of their creation and transportation along the way?
2. Eat a slow, quiet meal (alone or in community). Savor the taste of each bite and pay attention to how your body responds.
3. Tip for collective survival: Respect cultural nutrition practices.
**PART 4: RESIST AND BE CHANGED**

**RECOMMENDED READING**

Page 15 – “Movement Roots”  
*by Becky McIntyre*

Pages 17, 34, 48 – Wendell Berry  
*Letters by Katie Kulla*

Page 18 – Acknowledgement  
*by Elizabeth Abbey*

Page 49 – Invisible Margins in the Food Line  
*by Win-Sie Tow*

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**PRAYER**

For the Snails  *by Hannah Renglich*, page 46

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**DISCUSSION QUESTIONS**

1. Read through Katie Kulla’s correspondence with Wendell Berry. What emotions were brought up for you while reading? Do you also have a beloved author who you’ve wanted to challenge or invite into further decolonization and anti-racism work? Who would you write to and what might you say?

2. What did you learn from your family about food growing up? If you have access to information about your ancestors’ lives, what do you know about their relationships to land and food? What lessons do you want to carry with you from your family’s history with food, and what traditions need to be changed?

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**ACTIVITY**

3. Research and write a detailed acknowledgement for the land that you are on or that your family is from. Learn about #LandBack campaigns and make a plan to bring your acknowledgement one step closer to reparation.
