



**interreligious institute**

*Video 2*

## *Foods of Ramadan*

*Discussion Guide*

The simple yet profound act of coming together to share a meal is a tradition that crosses all cultures, faiths, and communities. This video features some American Muslims we met on our Ramadan Road Trip in 2019, sharing their favorite foods of Ramadan, including lamb stew, dates, bean pie, sambosa, and IHOP.

1. Share a story of your favorite holiday food. Why is this food important for you? Is it a family recipe?
2. Do any of the foods mentioned in the video also appear at your holiday table?
3. Have you been to a meal that gathered people of different faiths and cultures? Did you have a favorite new food you tried?
4. What's a food from your community you like to share at these kinds of events?
5. Often times fasting and prayer is also a time of recommitment to share abundance with those who are hungry. How does your faith community address hunger?
6. Is there a food bank or soup kitchen in your area? What can you learn about addressing hunger in your community?
7. Who are the one or two people in your circle of family, friends, or neighbors that you can share this video with and invite into the conversation?