

Guided Meditation: Food Insecurity

Find a comfortable place to sit and close your eyes. *(pause)*

Take a deep breath *(pause)* and let it out. *(pause)*

Deep breath in *(pause)* and let it out. *(pause)*

Once more, breathe in *(pause)* and let it out. *(pause)*

Imagine that you are working at a local urban garden. *(pause)* First you pull weeds in a patch of carrots. *(pause)* Then you rake the ground around the tomato plants. *(pause)* Finally, you help pick green beans. *(pause)* As your basket fills up, you wonder who will get to eat them. *(pause)*

A family arrives to pick up a bag of vegetables. *(pause)* You ask if they live nearby. *(pause)*

They tell you they took two buses to get here. *(pause)* You wonder why they had to come so far to get fresh groceries. *(pause)*

The kids start jumping up and down. *(pause)* "Stir fry for dinner!" they yell *(pause)* They tell you they usually have peanut butter and jelly sandwiches. *(pause)* You wonder why they have to eat sandwiches for dinner. *(pause)* You think about what is usually on your dinner table. *(pause)*

Take a deep breath *(pause)* and let it out. *(pause)*

Open your eyes when you are ready.