



More than 3,800 years  
of Jewish history  
keeps yielding  
the same bracing lesson:  
In the long run, we're alone.

- Bret Stephens

We cannot let ourselves  
be defined by those  
that hate us.  
We will be defined  
by being a blessing  
to the world.

- Rabbi Jonathan Sacks

After 7 October, 2023

JEWISH FOOD HERO



Nourishing your mind, body, and spirit