



Foods of Ramadan Video Discussion Guide

RAMADAN
ROAD
TRIP

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.

This guide is meant to connect the Ramadan Road Trip video series with faith communities and people of goodwill who are interested in building communities across difference and diversity.

1. Share a story of your favorite holiday food. Why is this food important for you? Is it a family recipe? Is there a story with the 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. Oftentimes fasting and prayer is also a time of recommitment to share abundance with those who are hungry. What in your religious tradition or texts guide your actions towards addressing hunger?
6. How does your faith particular community address hunger?
7. Is there a food bank or soup kitchen in your area? What can you learn about addressing hunger in your community?
8. 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?

*To watch the full series and access
additional discussion guides visit:*

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