



## Authentic Food

### What to Eat:

- ◆ Meal
  - Pita bread (not a pita crisp). This is flat bread that comes in packs, usually a 6 in. to 10 in. circle. If they are big ones, give each student one. If they are small ones, give each student two.
  - Cheese. Get deli-sliced cheese (mild white cheese like Monterey Jack or Gouda is more authentic, but type of cheese is not important). Give each student one slice if they are thick or two slices if they are thinner.
  - Apple. Give each student one apple.
  - Hummus. Give each student three heaping tablespoons of hummus.
    - Alternatively, you can get individual sized hummus packs at many grocery stores that can be used for convenience.
- ◆ Snack (optional):
  - Two small cookies such as Nilla Wafers, not big American cookies.
- ◆ Drink
  - Optional: Iced tea with sugar. No one should have more than two 8 oz. servings of tea during Exile Night. After that, water. You can explain that tea and sugar are in short supply and are tightly rationed.
  - Or you can simply ration out water bottles or have a water station set up.

### Distribution:

- ◆ Exile Night meals should be the same each time (same exact things for Friday night dinner and Saturday breakfast) to emphasize that refugees do not have variety in their diet. They often must eat the same thing for months.
- ◆ Exile Night meals should be served cold. That emphasizes that cooking fuel (propane or firewood) is not always available because it is expensive and in short supply. Fuel is used more for warmth than for cooking.
- ◆ It's important that participants are prevented from eating alternative snacks (sodas, chips, etc.). If an evening snack is provided, it should be small.
- ◆ Coupons or tickets can be used to ration food for exiles; everything is in tight supply. You can give each student a coupon to be exchanged for a meal. Or each student could be given one meal pack at meal time and left to ration it themselves.