BY RABBI MENACHEM CREDITOR, CONGREGATION NETIVOT SHALOM (BERKELEY, CA)

The Chocolates of Change

Fair Trade Chocolate

A KAVANNAH (MEDITATION) FOR EATING

FAIR TRADE CHOCOLATE

I hold more than chocolate in my hand. This product I have purchased is a mixture of bitter and sweet flavors; the sweetness represents the dignity and respect of cocoa farmers who own their own company. As Chanukah is an eight-day reminder that light can penetrate darkness, may this experience of tasting sweet freedom, the bounty of free people’s work, inspire me to add more light to the world.

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The Talmud teaches that we don’t rely on miracles (Kiddushin 39b); we must take action ourselves to bring about redemption. On Chanukah, we celebrate the miracles of ages past, and we strengthen our resolve to make miracles happen today. By buying fair trade chocolate, we take one step towards ending labor abuses and modern slavery around the world.