



WHAT DOES IT MEAN TO FAIR TRADE A BAR/BAT MITZVAH?

MAZAL TOV ON YOUR UPCOMING BAR/BAT MITZVAH CELEBRATION!



Hey, so your Bar or Bat Mitzvah is coming soon!



*You may have heard that this is a time of great “simcha” (joy) and gratitude for your family. Rituals, traditions, celebrations and mitzvah projects make it the perfect opportunity to embody Jewish values, such as **justice and compassion**. These can thoughtfully be integrated into many of the **consumer decisions** you will be making. These values can also be **part of a meaningful mitzvah project!***



WHO IS THIS FOR?!



*Although this is addressed to the Bar/Bat Mitzvah student, it should read by **all the decision makers**. As the Bar/Bat Mitzvah star, you have a say in what your Mitzvah celebration will look like, so this can kick off a conversation that **puts you at the center** of making decisions about exploring and expressing your commitment to justice and compassion. From this point on, **this guide is speaking directly to the Bar/Bat Mitzvah**, and we are excited to share **creative and personally meaningful suggestions** for how to **uniquely incorporate fair trade practices** into your celebration to **really make it reflect YOU!***



WHY FAIR TRADE & WHAT IS IT?

Fair Trade is a global movement made up of a diverse network of producers (artisans and farmers), companies, shoppers, advocates, and organizations putting people and planet first. When you choose to purchase fair trade products, you are encouraging a system that provides opportunities for farmers, artisans and workers to lift themselves out of poverty. **Fair trade ensures consumers that the products they purchase are grown, harvested, crafted and traded in ways that improve lives and protect the environment.** Items are produced according to rigorous social, environmental and economic standards. This is a world-changing way of doing business. *Is this important to you?*





Fair Trade Judaica

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WHY 'FAIR TRADE' MY BAR/BAT MITZVAH?

As you enter your teen years, you find yourself on a journey exploring independence, autonomy and responsibility. Unlike a Brit Milah (circumcision), a Baby Naming ceremony, or your younger birthday celebrations, **you are now able to put your own personal mark on how this big Jewish moment reflects who you are and who you dream of becoming.** Fair trade values like justice, sustainability, compassion, and collective responsibility for the planet can be easily incorporated into your Jewish coming of age celebration. **When you choose to combine practical goals that matter to you with Jewish traditions, customs and rituals, your Jewish milestone becomes distinctly YOU!**



HOW DOES THIS WORK?

The Bar/Bat Mitzvah often turns the spotlight on you in many ways. How you choose to personally connect to this Jewish moment is an important conversation you will have with your parents, and maybe your Rabbi, Cantor and/or Hebrew school teachers. **You will have a captive audience**, and this is your chance to connect what really matters to you with the moment of becoming a responsible and contributing member of your Jewish community. **As you celebrate your Jewish event, one of your first "adult" actions can be to lead, inspire and motivate your friends and family.** That sounds good, right? Here are a few ways that you can do this:



Fair Trade Mitzvah Projects for your Bar/Bat Mitzvah

- Organize a campaign at your school/synagogue/camp to only buy fair trade-made sports balls
- Organize a fair trade chocolate fundraising campaign
- Work with the synagogue gift store to add a fair trade Judaica section to it. You can suggest products, help set it up, decorate, publicize, and host a celebratory "opening" with fair trade chocolate
- Conduct a fundraiser for school scholarships for artisans' children who are of Bar/Bat Mitzvah age
- Arrange a screening of "The Dark Side of Chocolate" and host a fair trade chocolate tasting (DVD and Screening Guide available)
- Organize a letter writing campaign to a non-fair trade chocolate company about the issue of trafficked child labor in the cocoa fields



During your Bar/Bat Mitzvah Service

- You can link your D'var Torah/drash/speech to any of these fair trade principles:
 - Fair treatment for all people
 - Collective responsibility for sustaining and preserving our land
 - Equity and equality of treatment and opportunity for all people
 - No child or forced labor
 - Transparency and accountability for consumer choices
 - Fair payment for all people

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- Opportunities for disadvantaged people
- Good working conditions
- Respect for the environment
- You can also include themes from this [Fair Trade/Jewish values matrix](#)
- If your community's custom is to shower you with "sweets" in the moments following your official mitzvah ritual, use fair trade chocolate minis from Equal Exchange or Divine Chocolate



At Your Bar/Bat Mitzvah Celebration

- Ask your caterer to only serve fair trade coffee, tea, and chocolate
- Choose fair trade flowers
- Choose fair trade kippot as guest gifts
 - MayaWorks and Mayan Hands
- Include fair trade items in hospitality bags for out of town guests (these are Kosher and fair trade certified):
 - Equal Exchange tea
 - Chocolate minis – Equal Exchange/Divine Chocolate
 - Chocolate truffles – Alter Eco
 - Dried fruits and nuts – Equal Exchange
 - Larabars
 - BarkTHINS
 - Nature's Path granola and crispy rice bars
- Consider fair trade options for decorations
 - Banners from Casa Bonampak



Fair Trade Judaica gifts for fellow B'nai Mitzvah students can be found at these online stores: (will be adding direct links)

- Afikomen
- The Aesthetic Sense
- Casa Bonampak
- Dunitz & Co., Inc
- Isabella Freedman Center Gift Store
- Kolbo
- MayaWorks
- Mayan Hands
- Mira Fair Trade
- Pampeana
- Partners for Just Trade
- Shalom House
- Ten Thousand Villages

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Why is Fairtrade something I would care about?

A TEEN'S GUIDE TO THE TOP TEN REASONS TO SUPPORT ABOUT FAIR TRADE:

- 1. Fair Trade means fair pay and working conditions for farmers and artisans.** Fair Trade products are made in safe and healthy working conditions, where farmers and artisans receive a fair price and have a voice in how their workplace is run.
- 2. Fair Trade is better for the environment.** Fair Trade supports sustainable practices that minimize our environmental footprint.
- 3. Fair Trade means high quality goods.** Artisans take pride in their work. Crafts are often handmade, which translates into closer attention to detail and in the end higher-quality products.
- 4. Fair Trade means better tasting food.** Farmers are involved and invested in the entire production process, and crops are grown and harvested in smaller quantities. As a result, Fair Trade food is fresher and tastier.
- 5. Fair Trade is safe.** Workers are guaranteed safe working conditions and unsafe materials are not allowed during production.
- 6. Fair Trade supports communities.** By working through cooperative structures, Fair Trade artisans and small farmers are able to invest Fair Trade earnings in their communities, improving housing, healthcare, and schools.
- 7. Fair Trade is trade producers can count on.** Fair Trade is committed to strengthening direct partnerships between buyers and producers. These partnerships provide an avenue for buyers to purchase quality products from people they trust, and offer a sustainable and reliable way for farmers, artisans and their families to improve their livelihood.
- 8. Fair Trade connects you with other cultures.** Fair Trade products are unique to the places they come from and the people who make them. Farmers and artisans are involved in the entire process, and Fair Trade products reflect the people and cultures they come from.
- 9. Fair Trade means sustainable local economies.** Fair Trade gives farmers and artisans control of their own future. They can build their own businesses, rather than working for a middle man, and the profits stay in their communities and go back into their businesses.
- 10. Fair Trade means what you buy matters.** By choosing Fair Trade products, you are not only accessing high quality products, you are making a difference in the lives of the people who grow the food you eat and the goods you use.

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Ways YOU can support Fair trade

- Buy Fair trade items
- Tell your friends about Fair trade and suggesting that they buy Fair trade items
- Send a message to your Congressperson or Senator
- Let your family know about this and suggest family projects that can support Fairtrade
- **Speak up for the thousands of kids who can't speak up for themselves.** There are many kids who work on farms and plantations and they are exploited (taken advantage of – not paid a fair amount, not given fair working conditions, forced to work instead of going to school). Fairtrade items protect kids from these working conditions (see more on the back about Child Labor)
- Every month read something new about Fairtrade (the *Fair Trade Judaica website* has lots of interesting things to read with links to cool facts and organizations!)
- Create your own book of inspirational quotes about Fairtrade
- If asked to do a school project on a world problem, choose to explore Fairtrade
- Create a page of connections you made from Fairtrade to Jewish holidays, Jewish customs and traditions. See the week's Parasha for connections.

Find more information on pages like this @ www.fairtradejudaica.org

