

Introduction	p. ix
Kashrut Dynamics	
On the Ethics and Politics of Kosher Food Supervision	p. 1
Are You Really Eating Kosher? On Camouflage, Hypocrisy, and Hiding Behind the Kashrut Laws	p. 10
Milk and Meat: The Dangerous Mixture	p. 14
Bridging Kashrut with Ethical&Spiritual Concerns	
The Moral Underpinnings of Kashrut	p. 18
Eating Our Way from Holiness to Justice: Kashrut as a Bridge Between Competing Value Systems	p. 27
Increasing Holiness in Life: Towards an Expanded Kashrut	p. 33
Spirituality of Eating	
Eating as a Sacrament: The Eating Table and the Coffin	p. 43
Food for Thought: Hasidic Wisdom on Spiritual Eating	p. 49
Holy Eating in Jewish Thought and Practice	p. 66
Too Much of Everything is Just Enough: Eating as a Spiritual Practice in a Culture of Abundance	p. 78
Health&Consumption	
Towards a Jewish Nutrition Ethic: The Theology, Law, and Ethics of Healthy Eating	p. 87
Why Are We So Hungry? Our Betrayal of Eating, Being Satisfied and Blessing and The Way Back!	p. 119
Your Grains, Your Grape Juice, and Your Oil: Coming to Terms with Unhealthy Foods Venerated by Jewish Tradition	p. 126
Worker Rights, Equality,&Hunger	
The Divine Image: Theological Reflections on Jewish Labor Law	p. 134
Judaism and The Crisis of the Rural Village in the Global South	p. 154
Let Them Have a Little Bread	p. 167
Animal Welfare	
&cgpC&cgpL&cgpL&cgpG &cgpL&cgpN&cgpM&cgpB &cgpD&cgpM&cgpM &cgpL&cgpJ&cgpL&cgpL&cgpJ&cgpM&cgpB &cgpA&cgpB&cgpK&cgpP&cgpH	p. 171
Animal Suffering and the Rhetoric of Values and Halakhah	p. 182
The Commandments Were Only Given for the Purpose of Refining People	p. 209
The Case for Limiting Meat Consumption to Shabbat, Holidays, and Celebrations	p. 218
Environmentalism, Conservation, and GMOs	
Ethical Eating and the Impact on our Environment	p. 235
Humanity and the Tree of the Field: Conservation as a Commandment	p. 244
Divine Wisdom or Altering Creation? A Torah Perspective on GMOs	p. 252
Conclusion	p. 266
Index	p. 270