

## Allotted Portions

You may be asking where do the 35 lbs box of vegetables, assorted chicken nuggets and gallons of fresh milk come from each week. The answer, the USDA has created a program called CFAP. ( Coronavirus food assistance program) They realize that the financial strain put on families may be preventing them to eat a well balanced diet. If you are feeling that the amount of fruit and vegetables are a bit to much. Think again. It's about enough to feed a family of four the recommended 2 cups of fruit and 2 1/2 cups of vegetables a day, for seven days. Can consuming this amount of produce aid your health? It can. Let me tell you about a young man who chose to eat just food from the soil, even though he was allotted a daily amount of food and wine from the kings table.

**3** Then the king ordered Ashpenaz, chief of his court officials, to bring into the king's service some of the Israelites from the royal family and the nobility— **4** young men without any physical defect, handsome, showing aptitude for every kind of learning, well informed, quick to understand, and qualified to serve in the king's palace. He was to teach them the language and literature of the Babylonians.[a] **5** The king assigned them a daily amount of food and wine from the king's table. They were to be trained for three years, and after that they were to enter the king's service.

**8** But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. **9** Now God had caused the official to show favor and compassion to Daniel, **10** but the official told Daniel, "I am afraid of my lord the king, who has assigned your[a] food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you."

As you see Ashpenaz was responsible for making sure the young men who were in his custody remained healthy and able to learn. Daniel was torn from his home as a young man and held in captivity. His captor, King Nebuchadnezzar offered him a life full of decadence in the kings court. Daniel stood in integrity, knowing that the food that was offered to him was considered unclean. In our day and age we refer to a diet that is plant based as clean. So you may be asking how did Daniel fare with his clean diet?

**15** At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. **16** So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.

**17** To these four young men God gave knowledge and understanding of all kinds of literature and learning. And Daniel could understand visions and dreams of all kinds.

Your daily allotted amount of fruits and vegetables and other good foods will continue through the summer months. We have an opportunity to increase the allotment of nonperishable goods and get a larger variety of meat. These new items are available for registered participants. Look for registration information in the weeks to come.