

Respect Creation, Eat Ethically

Show Your Thanks

- Pause before eating. Consider all hands that have helped bring the food to the table, be thankful for the goodness of creation.
- Remember that “eating is a moral act” and that there are ethical dimensions to food purchases and consumption.
- Seek out ways to support a just food system and adequate food for all.

Eat Well

- Educate yourself about the benefits of eating a diet that includes lots of fresh produce and whole grains.
- Eat organically grown food when possible: you’re worth it, and so is the environment.
- Consider vegetarian options for health and to avoid overuse of land and water resources for livestock production.

Choose Wisely

- Eat foods in season in your region and get in touch with your local environment.
- Buy food that you know has been produced humanely and sustainably, under just working conditions.
- Help protect local water quality by using pesticide-free agriculture and food products.
- Buy Fair Trade coffee, chocolate and other items when possible.
- When shopping for food, bring along a reusable cloth bag to carry groceries in order to prevent paper/plastic waste.

Buy Locally

- Spend at least \$20 of your weekly food budget on locally grown foods from farmers’ markets, food co-ops, etc.
- Ask your supermarket manager to stock locally produced fruits and vegetables in season.
- Ask your local restaurants to feature specials featuring locally, sustainably produced food. Support restaurants that do.
- Encourage your school, parish, local organizations, etc. to use locally grown food whenever possible.

Learn New Ways to Cook

- Explore cooking with whole or less-processed food for health and to respect the environment with less waste from packaging.
- Start or join a group in your local area and to work together on intentional, healthful eating, sharing or rotating preparation responsibility for daily meals.

Community Supported Agriculture

- Become a member of a Community Supported Agriculture (CSA) local farm where possible. See <http://www.nal.usda.gov/afsic/csa/>.
- Buy a CSA membership for a gift for family or friends so they can eat healthy and support local farmers.
- Encourage your school, parish or group to subsidize CSA shares for families with limited resources.

Educate Self & Others

- Educate yourself and family about our food system so you know where your food comes from, who benefits from the current food system and who does not.
- Encourage your family and friends to eat food that is healthy for individuals and is also healthy for the common good of the local and global community.

adapted from Mary Hendrickson

**Feed our bodies and our souls, Oh Lord, with bread and the love of justice.
Help us see the links between the food we eat, our sisters and brothers around
the world, and your creation.**

