

## *Suggestions for Honoring God's Creation*

# FOOD



*For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in.*

*MATTHEW 25:35, NIV*

- Shop locally. When you support local co-ops, farmers' markets, and Community Supported Agriculture (CSAs), you reduce the distance your food migrates and the amount of fuel and packaging it takes to feed your family.
- Shop seasonally. Enjoy sweet corn in the summer, apples in the fall, and citrus in the winter. Not only will the fruits and vegetables be fresher when you buy what's in season, you'll also support local economies and reduce harmful emissions.
- Eat less meat. More than 90 percent of meat purchased in the United States is factory farmed. Factory-farmed meat is harmful to the planet, unkind to God's creatures, and full of unhealthy antibiotics, hormones, and bacteria.
- Pay attention to packaging. Buy in bulk, bring your own bags, and avoid individually wrapped items.
- Eat at home. Cooking at home does not have to be difficult or time consuming, and the payoff is big: fresh ingredients, less processed food, healthier eating habits, and more time together as a family.
- Say a prayer before meals, not out of routine but out of genuine thankfulness
- Read Matthew 15 to be reminded that Christ cares for our physical and nutritional needs
- Save leftovers instead of throwing them away, and eat them later
- Visit <http://www.betterworldshopper.org> to educate yourself about food companies that you should support
- Purchase cloth grocery bags and use them in place of paper or plastic
- Shop from a grocery list and avoid impulse purchases
- Increase your organic food purchases by at least 10 percent
- Compost food scraps to significantly reduce household waste
- Purchase food in bulk
- Avoid individually wrapped items
- Share your table with others
- Stop drinking bottled water and buy a filter instead
- Plant a vegetable garden and share the produce with others



- Find local sources for eggs, honey, meat, and produce
- Abstain from a less-than-ecologically-sound food during Lent
- Avoid fast-food restaurants
- Avoid food packaged in containers that cannot be recycled
- Volunteer at a soup kitchen or food redistribution center
- Use some of the money you save to help end hunger through church or charitable organizations



#### OUR MISSION

*Blessed Earth is an educational nonprofit that inspires and equips faith communities to become better stewards of the earth. Through outreach to churches, campuses and media we build bridges that promote measurable environmental change and meaningful spiritual growth.*

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*www.BLESSEDEARTH.org*