

## 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*

### 10 Ways to Start

1. **Buy Local.** 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.
2. **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.
3. **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.
4. **Compost.** Reduce your waste by composting food scraps in the backyard.
5. **Filter.** Stop drinking bottled water and buy a filter instead.
6. **Pre-cycle.** Pay attention to food packaging. "Pre-cycle" by purchasing food with minimal packaging and avoiding individually wrapped items.
7. **Bag It.** Bring your own cloth bags to the grocery store.
8. **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.
9. **Share.** Get in the practice of inviting others to your table to share your food.
10. **Pray.** Say a prayer before meals, not out of routine but out of genuine thankfulness.



### More Tips

11. Read Matthew 15 to be reminded that Christ cares for our physical and nutritional needs.
12. Save leftovers instead of throwing them away, and eat them later.
13. Visit [www.betterworldshopper.org](http://www.betterworldshopper.org) to educate yourself about food companies that you should support.
14. Shop from a grocery list and avoid impulse purchases.

15. Increase your organic food purchases by at least 10 percent.
16. Purchase food in bulk.
17. Plant a vegetable garden and share the produce with others.
18. Find local sources for eggs, honey, meat, and produce. Check out [www.localharvest.org](http://www.localharvest.org) for suggestions.
19. Abstain from a less-than-ecologically-sound food during Lent.
20. Avoid fast-food restaurants.
21. Learn about Concentrated Animal Feeding Operations (CAFO)'s and learn how to find meat that raised locally and ethically.
22. Cut back on sweets. Not only are they very unhealthy, but processed sugar is a major cause of type-2 diabetes.
23. Avoid the center aisles in grocery stores. This is where you find most processed foods. Instead purchase more "real food," on the outer aisles—meat, eggs, fruits, vegetables, etc.
24. Cut down on sodas. Drink more water instead.
25. Buy fair-trade coffee, nuts, oil, tea, chocolate, etc. "Fair trade" means that farmers are paid a fair living wage, that the work conditions are humane, and that employers are not destroying the environment for short-term gain. For more information visit [www.fairtrade.net](http://www.fairtrade.net) or [www.transfairusa.org](http://www.transfairusa.org)
26. Drink shade-grown coffee. Shade grown coffee is cultivated under the canopy of the forest, preserving the natural habitat needed for migratory songbirds and other creatures.
27. If you drink wine, chose wine with real corks. Cork is a sustainable product and using it protects wildlife-rich areas in Spain and Portugal.
28. Choose the fish you eat wisely. Look for the Marine Stewardship Council certification, and download their guide at [www.seafoodwatch.org](http://www.seafoodwatch.org).
29. Read Michael Pollan's *Omnivore's Dilemma*.
30. Avoid food packaged in containers that cannot be recycled.
31. Volunteer at a soup kitchen or food redistribution center.
32. Learn to say "no" to the expensive, unhealthy junk foods that are marketed to your children.
33. Use the most energy efficient appliance for the job. Toaster ovens and microwaves use less electricity than conventional ovens.
34. Don't preheat except when baking. Most dishes do not need it.
35. Make sure the flame from your gas stove is not larger than the pot or pan sitting on it.
36. Microwaves are 80% more efficient than traditional electric ovens. Save energy by precooking potatoes, carrots, and other vegetables in the microwave before putting them in the oven.
37. Use some of the money you save to help end hunger through church or charitable organizations.

---

*Blessed Earth is an educational nonprofit inspiring faithful stewardship of all creation*



[www.BLESSEDEARTH.org](http://www.BLESSEDEARTH.org)