

New book from ARC aims to change the world – one meal at a time

‘Sacred traditions can lead us back into a ‘right relationship’ with the natural world and restore a sense of reverence for the food that sustains us.’ – HRH The Prince of Wales

Faith in Food: Changing the world one meal at a time

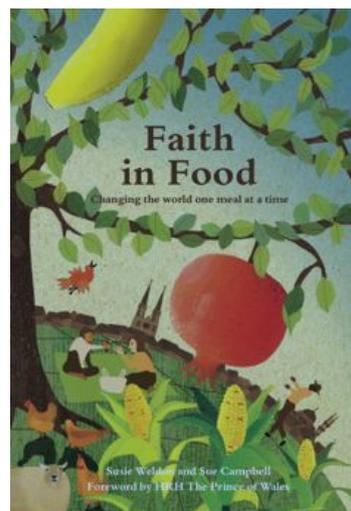
Foreword by HRH The Prince of Wales

Edited by Susie Weldon and Sue Campbell, ARC

£14.99, Bene-Factum Publishing, 228 pages

Publication date: early June 2014

More information: www.arcworld.org and www.bene-factum.co.uk



The Alliance of Religions and Conservation has produced a colourful, inspirational, hard-hitting guide to issues around food, farming and spirituality to help people make sustainable and faith-consistent choices around the food they eat. *Faith in Food: Changing the world one meal at a time* is a groundbreaking collaboration between farmers, food lovers and people of faith that combines essays, storytelling, recipes, pioneering initiatives and beautiful food prayers and blessings to form a guide to eating more mindfully.

Today, as we grapple with issues of hunger and poverty, climate change and the industrialisation of our food and farming systems, one of the greatest opportunities to live our values — or betray them — lies in the food we put on our plates. Eating is a moral act; our choices of what, when and how we eat have a huge impact upon the Earth, our fellow human beings and other living creatures. But with so many factors to consider when it comes to choosing food that is ethical and sustainable – as well as healthy and delicious – many people find these issues too big, too confusing and too difficult.

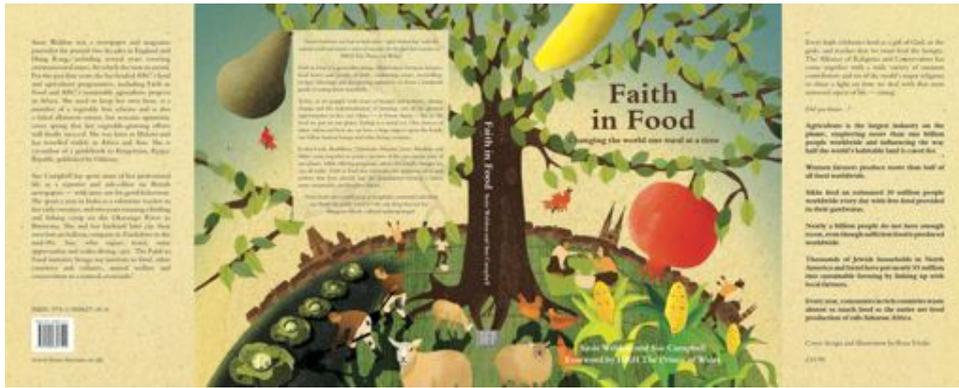
Faith in Food looks at some of the key issues in sustainable food and farming today in a series of articles by key people in leading organisations such as the Soil Association, Compassion In World Farming and WaterAid, Sustainable Food Trust and the Fairtrade Foundation. Contributors include Patrick Holden, Dr Vandana Shiva, Joyce D’Silva, Barbara Frost, Martin Palmer and Helen Browning. HRH The Prince of Wales – who is himself a farmer of 30 years and a passionate advocate of sustainable agriculture – has written the foreword.

Faith in Food, which is packed with beautiful illustrations and photographs from around the world, also looks at the role of food within six major faiths – Buddhism, Christianity, Hinduism, Judaism, Islam and Sikhism. Every faith celebrates food as a gift of the Divine and teaches that we must feed the hungry. *Faith in Food* includes lovely quotations from holy scriptures, food blessings and examples of foods used in faith celebrations.

Finally, but equally important, *Faith in Food* offers pragmatic advice for simple changes we can all make in our daily lives, such as eating less meat but choosing instead grass-fed meat to reduce our personal carbon footprint. And it celebrates the inspiring ideas and actions already being undertaken by people of faith that are already laying the foundations towards a fairer, more sustainable, and brighter future.

Faith in Food has been produced on a not-for-profit basis by ARC: ARC’s share of any profits that are generated will go to support faith-based food and farming projects.

For more information, contact ARC on 01225 758004.



'Never doubt that a small group of thoughtful, committed individuals can change the world; indeed it's the only thing that ever has.'
 – Margaret Mead

Did you know...?

- Agriculture is the largest industry on the planet, employing more than one billion people worldwide and influencing the way half the world's habitable land is cared for.
- Women farmers produce more than half of all food worldwide.
- Sikhs feed an estimated 30 million people worldwide every day with free food provided in their gurdwaras
- Nearly a billion people do not have enough to eat, even though sufficient food is produced worldwide.
- Thousands of Jewish households in North America and Israel have put nearly \$5 million into sustainable farming by linking up with local farmers through Community Supported Agriculture.
- Every year, consumers in rich countries waste almost as much food as the entire net food production of sub-Saharan Africa.
- When the New Psalmist Baptist Church in Baltimore, USA – an American 'mega-church' – began thinking about food and faith issues, it calculated how many events it holds at which food is served. The total was 9,000 a year.
- Up to 30% of our individual carbon footprint comes from the food we eat, from farm gate to dinner plate, including transport and storage, says Patrick Holden, founding director of the Sustainable Food Trust.
- Daoists in China have banned the use of ingredients from endangered plants and animals in food and Traditional Chinese Medicine.
- Replacing red meat and dairy with vegetables one day a week would be the equivalent of driving 1,160 miles less per year, according to a 2007 Carnegie Mellon University study.

