

## 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**

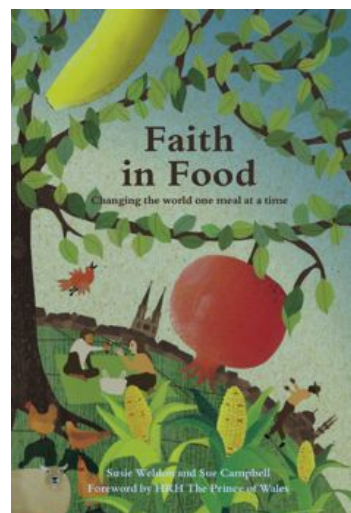
#### **Foreword by HRH The Prince of Wales**

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](http://www.arcworld.org) and [www.bene-factum.co.uk](http://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.

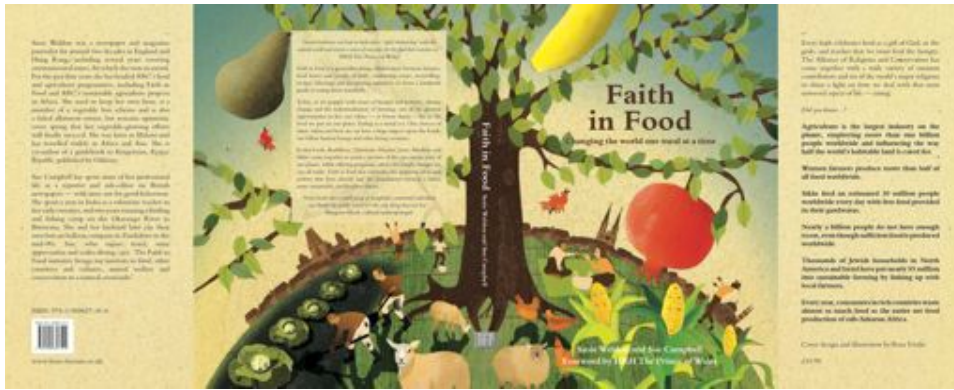
*Faith in Food* looks at some of the key issues in sustainable food and farming today in a series of articles by key people in leading organisations such as the Soil Association, Compassion In World Farming and WaterAid, Sustainable Food Trust and the Fairtrade Foundation. Contributors include Patrick 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.

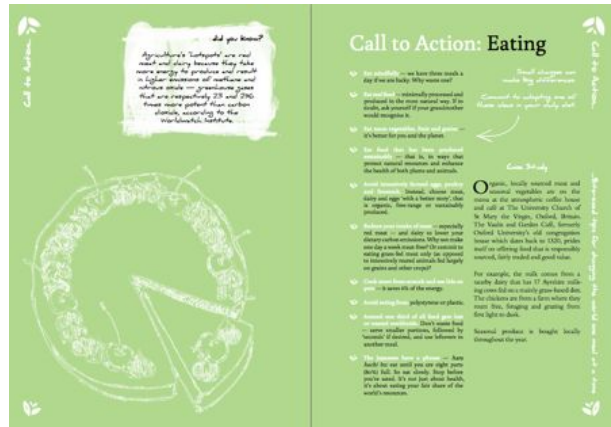
For more information, contact ARC on 01225 758004.



*'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.





**Examples of food prayers:**

**Hymn to the Earth – Hindu prayer**

Set me, Earth, amidst the nourishing strength  
That emanates from the body.  
The Earth is my mother, her child am I;  
Infinite space is my father,  
May he fill us with plenty.  
Peaceful, sweet-smelling, gracious Earth.  
Whatever I dig from thee, O Earth,  
May that have quick growth again,  
May we not injure your vitals or your hearts.  
Full of sweetness are the plants  
and full of sweetness these my words.

– Atharva Veda, Book XII

**Christian Prayer**

“We give you thanks, most gracious God,  
for the beauty of the earth and sky and sea;  
for the richness of mountains, plains, and rivers;  
for the songs of birds and the loveliness of flowers.  
We praise you for these good gifts and pray that we  
may safeguard them for our posterity.”

– The Book of Common Prayer, Episcopal Church, 1979

**Sikh Prayer**

You are the Ocean of Water, and I am Your fish.  
Your Name is the drop of water,  
and I am a thirsty sparrowhawk.  
You are my hope and You are my thirst.  
My mind is absorbed in You.  
Just as the baby is satisfied by drinking milk,  
and the poor person is pleased by seeing wealth,  
and the thirsty person is refreshed  
by drinking cool water,  
so is this mind drenched with delight in the Lord.

– This prayer is part of Raag Maajh, the second raga,  
or classical religious melody, in Sikhism's holiest text,  
the Sri Guru Granth Sahib

**Buddhist Grace**

This food is the gift of the whole universe,  
Each morsel is a sacrifice of life,  
May I be worthy to receive it,  
May the energy in this food,  
Give me the strength,  
To transform my unwholesome qualities into  
wholesome ones.  
I am grateful for this food,  
May I realise the Path of Awakening,  
For the sake of all beings.  
Namo Amida Buddha.



**'It's Easier to Get a Gun in this Neighbourhood than a Salad'**

"It's completely ironic because we walk around, please the planet and grow up, in urban Philadelphia, and we don't have anything like the beauty and abundance of the garden."  
—Jim Mohr, author, Pennsylvania, 1991-2014

What a lovely I see. That's a God's gift. Why don't you tell that to the people in the city? They say, "I don't know, but you can't get a gun in a salad." The words are so true, and they are so common to the people of this city. They are so true, and they are so common to the people of this city.

"God is good," the kid said, getting there on time. "One of the most beautiful things we get to do here at The Spirit Way is plant gardens for the poorest people of North Philadelphia, USA—and we look down on the rest of the city, and all we see with the Grace of all."

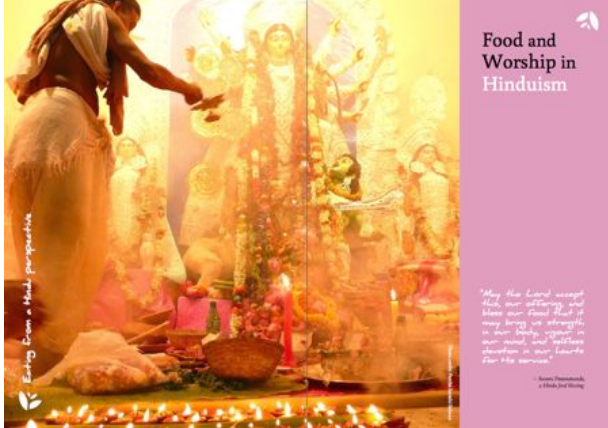
Gardeners have a special place in the Christian story. After all, God first plants of humanity in a garden in Eden. And the same understanding can be found today in gardens in Philadelphia. And the very real understanding is the spirit of the garden: taking over the City of God, with the rest of the world through the city center and the rest of all people the other country.

Now, in an approach 18 steps of conversion in The Spirit Way, we have had a lot of time to see and experience it. And we are seeing a neighborhood come back.

When a kid pulls a carrot out of the ground for the first time, it is magical. The same can be said for the first time, the same kid will wonder why because of the God who made all the world and wonderful world like garden and beautiful, beautiful, beautiful, and wonderful—and you and me.

Having people back the life...  
Sometimes it's hard to believe that there is a beautiful God when we see the world as we see it.

It's hard to believe in God when a lot of all the world is so much dark and dull and abandoned. So we will have a bit of time about growing "mountain" — by making each thing beautiful, and having our own gardens, and bringing back to life. The same experience in mountains.



**Food and Worship in Hinduism**

"May the Lord accept my food..."  
—Lenten Prayer



**Love is: A Growth Industry...**

Sweet, juicy and rich are being produced for the poor and hungry of all around...  
—Lenten Prayer



**Epilogue: Buddhist Grace**

This food is the gift of the whole universe,  
Each morsel is a sacrifice of life,  
May I be worthy to receive it,  
May the energy in this food,  
Give me the strength,  
To transform my unwholesome qualities into wholesome ones.  
I am grateful for this food,  
May I realize the Path of Awakening,  
For the sake of all beings.  
Namo Amida Buddha.

