CHANGES WE CAN ALL MAKE NOW

- o Eat more fresh fruit, vegetables and grains.
- o Reduce your intake of meat and dairy.
- Avoid eating intensively produced eggs, poultry and livestock.
- o Choose organic or sustainable food produced with minimal chemicals.
- o Eat less heavily processed food. Buy food your grandmother would recognise.
- o Eat out less; cook more at home.
- o Buy local, seasonal, fairly traded food.
- o Walk or bicycle to the store to reduce your own food miles.
- o Grow your own vegetables and fruit.
- o Form a group in your faith community to develop your own food purchasing policy.
- o Campaign for decent wages and conditions for farm workers and food processors.
- o Celebrate the joy of sharing good food.

'Everybody needs beauty as well as bread, places to play in and pray in where nature may heal and cheer and give strength to the body and soul' – writer John Muir



Homegrown organic tomatoes. Photograph: Andrew Storms



Carrying holy water in a silver pot, and the Pongol Harvest Festival in South India. Photograph: Sunciti Sundaram

WHAT IS ARC?

The Alliance of Religions and Conservation (ARC) is a secular organisation, founded by HRH Prince Philip in 1995. It works with the world's major religions to help them develop environmental programmes based on their own core teachings, beliefs and practices. It also helps secular environment organisations work with the faiths to protect the natural world.



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The paper in this leaflet comes from FSC-certified woodlands

FAITH IN FOOD

Honouring our values in the food we eat...



...transforming the world – one meal at a time



WHAT IS FAITH IN FOOD?

Faith in Food is about people of faith linking what and how they eat to their values and beliefs. It is about faith communities working together to bring about a fairer, healthier and more sustainable food system for all – for today and for generations to come.

Food plays a central role in religious life – in worship and celebration, through foods that are sacred, prasad or forbidden, and in communion and Passover, Ramadan and harvest festivals.

Every faith celebrates food as a sacred gift; every faith also has something powerful to say about our role in protecting the natural world.

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.

'For I was hungry and you gave me food, I was thirsty and you gave me drink' — Matthew 25:35

Faith in Food works with the world's major religions to develop policies to ensure the food they buy, grow or eat honours their beliefs about caring for Creation – in their worship and celebration, in their schools, restaurants, retreats and conference centres.

It also invites people of faith to join what could be the most powerful ethical consumer movement in the world. Because together we can change the world – one meal at a time.



Harvest festival, Litchfield, UK. Photograph: Herry Lawford

SEVEN KEY AREAS

FAITH-CONSISTENT USE OF ASSETS: Do you provide food in your places of worship, restaurants, retreats, conference centres or schools? Do you favour sustainably produced, locally grown, seasonal and fairly traded food? The Soil Association recommends caterers opt for a ratio that is 70% fresh and unprocessed, 50% local and 30% organic.

Do you own or manage farmland? Do you manage it in the most eco-friendly ways you can? How do you protect your ecosystems and water sources? If you have investments, do you ensure they are not in ventures that damage the environment?

SCHOOLS: Is the food served in your school mainly fresh, local and sustainably produced? Do you teach children where their food comes from? Do you have a school garden for them to learn how to grow their own vegetables?

LIFESTYLE: Could you promote mindfulness and care over food choices as being part of faith-consistent living?

WISDOM: Do your theological teachings reflect your faith's respect for God's world? Do you consider the role of sustainable food and farming in caring for Creation?

MEDIA AND ADVOCACY: Do you promote a fairer and more sustainable food culture? Do you state clearly in your restaurants or retail outlets why you choose planet-friendly food? Could you campaign for fairer trade policies, decent wages for farm workers and access to sufficient food for the most vulnerable?

'When one's food is pure, one's being becomes pure' – Chāndogya Upaniṣad, 7.26.2

PARTNERSHIPS: Do you share your interests, concerns and joy in sustainable food and farming with others? What about creating links with local food and farming groups?

CELEBRATION: In your worship, and in helping people celebrate key stages of life such as weddings or funerals, do you ensure the food provided honours your values?



Hazon Adamah staff collecting carrots: Photograph by Hazon