

**'OUR DAILY BREAD – FOOD SECURITY, PEOPLE AND PLANET'
ACTION IDEAS**

LIFESTYLE

USE THE LOAF PRINCIPLES TO SOURCE FOOD

LOAF is food which is Locally produced, Organically grown, Animal Friendly and Fairly traded. Growing some food organically and buying organic and free range food from local growers protects soil and biodiversity.
<http://www.christian-ecology.org.uk/loaf.htm>

PROTECT SOIL AND GROW FOOD IN URBAN AREAS

Fruit and nut trees can be grown throughout our towns, gardens, and church land; vegetables in window boxes.

AVOID WASTING FOOD

This means planning ahead, so that we buy and eat only what we need for a limited period; reducing the amount we buy and use; and reusing leftovers.

REDUCE MEAT CONSUMPTION

Reflect on whether your diet is harming your health, the environment, or other creatures? If so, what needs to change? The European Christian Environmental Network is recommending to European churches that bringing down meat consumption is an important tool in combating climate change.

EAT GRASS FED MEAT

Meat and dairy products from animals largely raised on grassland emit much less carbon than meat from grain fed animals.

COMPOST YOUR GREENS

Green waste emits methane when it rots in oxygen starved landfill sites. When composted it emits CO₂ – a less powerful greenhouse gas. Rotted down compost adds fertility to the garden.

PRESERVE GLUTS

Buy fruit and vegetables when they are in season and cheap and preserve them to enjoy in winter by bottling, drying, making into chutneys, pickles, jams and jellies.

GET INVOLVED IN THE TRANSITION MOVEMENT

See <http://www.transitionnetwork.org/about>

POLITICAL/COMMERCIAL ACTION

LOBBY ON CLIMATE CHANGE

Support the local lobby of parliament on climate change on 5/6 November.
www.cafod.org.uk/campaigns

FOLLOW PROGRESS TOWARDS MEETING THE MILLENNIUM DEVELOPMENT GOALS AND TACKLING ILLEGAL LOGGING

www.progressio.org.uk

SIGN THE EUROPEAN FOOD DECLARATION

See: www.europeanfooddeclaration.org

SUPPORT WDM'S FOOD SPECULATION CAMPAIGN

The World Development Movement's new campaign 'Stop bankers from betting on food and causing hunger' can be accessed at www.wdm.org.uk/food-speculation.

SUPPORT GM NO! CAMPAIGN

A campaign of the Soil Association, which uses the DVD 'Food Inc' available from www.dogwoof.com. See www.soilassociation.org/Whyorganic/GM, also www.OrganicConsumers.org for *10 Things Monsanto Does Not Want You to Know*.

ACT AGAINST LARGE-SCALE DESTRUCTIVE MINING

Support the London Mining Network, which exposes irresponsible investment of mining companies listed on the London Stock Exchange. See: <http://londonminingnetwork.org>. Contact your pension fund, diocese, bank, insurance company, trade union, or local authority, about their investments, asking them to report on their investments in mining companies.

BOYCOTT ISRAELI SETTLEMENT GOODS

Look out for settlement goods when shopping and avoid them. Discuss the issues with retailers and/or their fund managers. The current advice from the Ecumenical Council for Corporate Responsibility can be found at: <http://www.eccr.org.uk/module-htmlpages-display-pid-65.html>
Churches, communities and groups could invite an ecumenical accompanier to speak to them about the realities of the occupation.

AWARENESS RAISING

STUDY GROUPS

CEL's ecocell programme includes a module on food, useful to follow with a study group. www.christian-ecology.org.uk/ecocells.htm

MONITOR ETHICAL AND SUSTAINABLE FOOD AND AGRICULTURE

The website of *Ethical Consumer* Magazine offers a Free Buyers' Guide to Food and Drink on – www.ethicalconsumer.org

The UK Food Group – www.ukfg.org.uk – is the leading UK network for non-governmental organisations working on global food and agriculture issues, and helps to enable civil society to contribute effectively to international consultations on food security.

MAGAZINES TO SUBSCRIBE TO:

Food Ethics Magazine

www.foodethicscouncil.org

The Food Ethics Council is a British charity, promoting an improved food system. Its website contains a 'Hot Topics' section and an 'Ethical Shopping Guide'.

Science in Society www.i-sis.org.uk

Produced by the Institute of Science in Society, which has the goal of reclaiming science for the public good. Examines the long-term risks of GM crops.

STUDYING LINKS BETWEEN FAITH, ENVIRONMENT AND FOOD

'Paint the Church Green' and 'Becoming a Green Christian' use the pastoral cycle process to examine faith and environment. Both study programmes have significant food sections. See www.kevinmayhew.com.

EXPLORE CATHOLIC SOCIAL TEACHING

Learn more about CST and what it means by visiting www.catholicsocialteaching.org.uk (going live in September 2010). And read Progressio's guide to this prophetic encyclical. Order by emailing ronnie@progressio.org.uk

PARISH ACTIVITIES, CHURCHES & WORSHIP

LINKING EUCHARIST AND REAL FOOD

In worship, reflect on the relationship to food as part of relationship with God.

Resources from

Christian Ecology Link www.christian-ecology.org.uk

CAFOD <http://www.cafod.org.uk/worship>

Iona Community Wild Goose Resource Group <http://wgrg.co.uk/>

PARISHES TO JOIN ECO-CONGREGATION

Eco-Congregation is an ecumenical programme helping churches make the link between environmental issues and Christian faith, and respond with practical action in the church, in the lives of individuals, and in the local and global community. An element of this is putting sustainable farming and food production into the mission plan of the church at local and wider levels. Conference 'Growing Organically' on 18 September. www.ecocongregation.org. Also, a livesimply award scheme for Catholic parishes will be available from January 2011 - contact CAFOD Campaigns.

SCHOOLS

TRANSFORM THE FOOD CULTURE IN SCHOOLS

The Food for Life Partnership is a network of schools and communities across England committed to transforming food culture. Led by the Soil Association, the Partnership brings together the practical expertise of the Focus on Food Campaign, Garden Organic and the Health Education Trust. www.foodforlife.org.uk

CHRISTIAN SCHOOLS TO BECOME ECO-SCHOOLS

Eco-Schools is an international award programme that guides schools on their sustainable journey, providing a framework to help embed these principles into the heart of school life. www.eco-schools.org.uk

SCHOOL ASSEMBLIES TO ADDRESS FOOD ISSUES

School resources at CAFOD www.cafod.org.uk/landing/schools Christian Assemblies 'Our Earth, Our Home' for Key Stage 1-2 are available from www.kevinmayhew.com. They aim to help children understand their relationship with the environment and food as part of the web of life and to develop respect for other species and natural resources.