

EATING FOR A HEALTHY WORLD CHALLENGE*

	1	2	3	4	5	6	7
Week One: Eat Local/Eat in Season	Check labels of 15 things in your refrigerator/pantry and calculate the miles from field to plate.	Find a local source for three things you eat regularly (Your local food co-op/farmer's market is a good place to start. See our <i>Menu for Change</i> for help.)	Shop at a farmer's market this week and get to know a local farmer.	Recognize what vegetables and fruits are locally in season and plan a meal using a local and in season vegetable and/or fruit.	Eat one meal with only local ingredients. (Every ingredient is produced within a 100 mile radius.)	Fast from food that is not produced and cannot be produced locally (ie. coffee, chocolate, bananas, etc.)	Research local CSA's and consider joining (check our <i>Menu for Change</i> for resources) and/or plant your own vegetable garden.
Week Two: Choose Whole and Organic Food	Eat at least two different fruits and/or vegetables at every meal this week	Choose the organic option for one (or more) of the fruits and vegetables on the Environmental Working Group's <i>Dirty Dozen</i> list.	Make water your choice of beverage this week. Skip the fruit juice and eat the whole fruit instead.	Do not eat any food products that are labeled as "low-fat," "lite," "light," "reduced fat," or "nonfat."	Avoid food with more than 5 ingredients.	Fast from high fructose corn syrup and granulated sugar. Eat low-processed, and locally produced sweeteners. (ie: honey, fruit, maple syrup)	Share a meal/potluck with your congregation, family, and/or friends using local and organic ingredients. Swap recipes and tips.
Week Three: Reduce Meat and Dairy	What color do you see most often on your plate? Is it brown (meat)? Challenge yourself to eat the rainbow (fruits and vegetables) this week.	Participate in Meatless Mondays (or some other meatless day this week.) Visit meatlessmonday.com for information.	Avoid grain-fed beef produced in CAFOs and choose locally produced grass-fed beef (or pork, chicken, etc.)	If you eat meat this week, replace lamb or beef (worst greenhouse gas emissions) with turkey, chicken, or wild-caught seafood.	Be adventurous: try a vegetable you've never eaten before.	Go vegan for a meal and skip the meat, dairy, and eggs.	Move meat from the center of your plate. Use meat as an accent to a dish and not the focus of a meal.
Week Four: Decrease Packaging and Food Waste	Do not buy bottled water. Fill up a reusable bottle from the tap. Keep a container of water in the fridge to avoid running the tap for cold water.	Buy in bulk and bring your own container to cut back on packaging waste. Choose food that comes in its own natural packaging (fruits, vegetables, and nuts)	Start a compost for food scraps and if you have a garbage disposal, do not use it.	Notice your amount of food waste. Buy only food you can consume before spoiling and create meals from leftovers.	What is a food that you purchase from someone else? (ie. bread cereal, yogurt, salad dressing, bake goods, etc.) Make your own this week.	Prepare a meal for family, friends, and/or your congregation completely from <i>scratch</i> . Do not use packaged or processed foods	Bring your own mug to your favorite coffee shop. Use loose tea instead of one-use tea bags.
Second Helpings Week Five: Celebrate Farmers, Farmworkers & Fair Food	A commitment to local food is one of the best ways to ensure a healthy world. Check out these resources to support a local food system for all: Growing Hope Real Time Farms Slow Food USA Fair Food Network	The Farm Bill, the omnibus legislation that directs our food policy, will be debated again in 2012. Let Congress know you support local farms and the environment by signing the <i>No Farms/No Food</i> petition at American Farmland Trust	Using pesticides and synthetic fertilizers fuels our addiction to fossil fuels and pollutes our environment. Take action here to support organic agriculture: Pesticide Action Network Organic Consumers Association	Our health and environment bear a tremendous cost because of factory farming. Learn more about Concentrated Animal Feeding Operations (CAFOs) and take action at Food and Water Watch .	Palm oil finds its way into 50% of all products sold in the grocery store and its overconsumption leads to deforestation and climate change. Visit the Rainforest Action Network to learn more and to take action and help create a healthy world.	Land grabs in developing countries are causing hunger, human rights abuses, and environmental degradation. Oxfam's GROW campaign is highlighting this abuse and working for a more just food system. Take the GROW pledge today.	Working for low wages, farmworkers are exposed to harsh conditions, deadly pesticides, and abuse. Our cheap food is at the expense of the poor. Learn how you can change the system through the Campaign for Fair Food .

* Choose the ones that work for you. Do as many as fit your life, in any order. More info at www.icpj.net

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FACT SHEET

Food & Faith

Food—what we eat, the way it is produced, and how it affects the earth—has religious and moral value. Food, the breaking of bread, the sharing of a meal is integral to the world's religious traditions; it is part of the stories we tell and central to our celebrations and rituals. Food is meant to nourish us body and soul and sustain our relationships connecting us to meaning and purpose. Food is sacred.

Eat Local

- The average meal in this country travels 1,500 to 2,500 miles from the field to the market (Food and Water Watch).
- Eating locally means the distance from food to market averages 65 miles instead of 1,500 (Pirog, Rich, Benjamin, Leopold Center, 2003)
- Local and regional foods are estimated to produce 17 times less CO₂ than non-local foods (Leopold Center, 2008).

Choose Whole and Organic Food

- “CO₂ emissions per hectare of organic agriculture systems are 48 to 66 percent lower than in conventional systems” (FAO).
- Of the energy that goes into the food system in the US, "more than half...is used for highly processed and packaged 'junk food,' like chips, doughnuts, soda pop, and beer." (Bomford, 2011)

Decrease Packaging and Food Waste

- “Estimates are that 40-50% of food in the U.S. is wasted at some point in the process from production to your garbage can!” (Jones, 2004).
- “Eradicating food waste is worth a 25% savings [in the carbon footprint of your diet] for the average shopper.” (Berners-Lee, 2011).

More info and suggestions at www.icpj.net

Reduce Meat and Dairy

- On average, 25 calories of fossil fuel goes into 1 calorie of meat production, compared to 2.2 calories for a plant-based diet. Lamb and beef are even higher than the average, with 57 and 40 calories, respectively (Pimentel & Pimentel, 2003).
- Land is often overgrazed by livestock, in addition to deforestation for feed crops for the livestock or for pasture if they are grazing. These are linked to increased carbon dioxide emissions (FAO, 2006).
- 18% of greenhouse gas emissions come from livestock production, and this contributes more to emissions than cars and trucks combined (*Livestock's Long Shadow*, United Nations Food and Agriculture Organization, 2006).

Celebrate farmers, farm workers, and fair food

- Dedicated to more just and sustainable food, the local non-profit Fair Food Network sponsors *Double Up Food Bucks*, an innovative program where SNAP recipients can double their food assistance up to \$20 by shopping at local farmer's markets gaining access to fresh and sustainable food.
- Tilian Farm Development supports our local food and our economy by promoting local and organic food producers as well as help new farmers begin farming.

Choices with the greatest impact

- Eating locally and seasonally strengthens local communities and reduces energy costs from transportation and processing.
- Choosing plant sources (whole grain and vegetables) for protein over animal sources significantly reduces your carbon and environmental footprint.
- Whole foods are healthier for you and our world.

Relax and have fun with this

Eating for a healthy world can be overwhelming so we encourage you to **relax and have fun with this!**

There is no right way to do this—you have lots of choices. **Start simply and play around with what fits you and your life!** Do this as a community. We at ICPJ are here to help you; if you have questions, please ask. We welcome your feedback.

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