








Faith, Food & Mindfulness



As Presbyterians the primary place we come together around food is the Communion Table; but more often we are eating and drinking together at church dinners, community meals and fellowship hour. In our daily lives we eat a variety of things in a variety of ways in a variety of places. How, in our everyday lives, can we practice our faith when it comes to food and eating?





Advocating: There are a variety of issues related to food justice to consider—whether a food was produced humanely, organically and safely; whether it came from a local farm or from thousands of miles away; and whether the farmers and farm workers themselves have enough to eat and were paid fairly. Learn how you can support food justice efforts at pcusa.org/foodweek.



Praying: Blessing the meal is how we express our gratitude to God for the gift of food and other blessings in our lives. At mealtimes, we remember those who are hungry, and we offer prayers for those who grew and prepare food. We give thanks for the sun, rain and soil that helped the plants grow healthy and strong.




Gathering: Food is our sustenance, our nourishment, part of God's bountiful gift of creation. The earth produces, we eat, and our bodies are fueled for living. Food is also where we come together. Gathering intentionally around meals provides nourishment not only physically but also spiritually and emotionally.



Gardening: Raising vegetables and herbs not only provides us with fresh, nutritious food, it is a good way to get closer to the rhythms of the earth, witness anew the miracle of life, work up a sweat, and engage the senses of touch, smell, sight and taste.



Composting: Composting is a great way to make use of table scraps and food waste. Combined with other organic matter, scraps and waste break down and form soil that can be returned to nature and used to nourish gardens. Check www.epa.gov/compost for information, tips and ideas on how to compost in a way that suits your home and lifestyle.



Purchasing: Consider where your groceries come from. In the US, Fair Trade Certified products currently include coffee, tea, cocoa, chocolate, vanilla, rice, fruits, and sugar, and now some domestic fair trade items are emerging (such as almonds, pecans and cranberries from Equal Exchange). Check pcusa.org/fairtrade and equalexchange.com/dft for more information.