

# The Earth Food Plate

for a climate-friendly coffee hour on 10/10/10, the 350.org day of climate action\*

\*based on Anna Lappé's 7 climate-friendly food principles in *Diet for a Hot Planet* (Bloomsbury 2010)

## Finish your peas... the ice caps are melting

Reduce food waste by buying & serving smaller portions. Advocate for waste reduction where you work. Some 40-50% of U.S. food is thrown away.

## Put plants on your plate

Nearly 20% of greenhouse gases come from livestock production. Try to choose vegetarian or vegan options.

## Reach for real food

Choose minimally processed food. When not going vegan choose meat and dairy from humanely raised animals.

## Send packaging packing

Producing food packaging and disposable utensils emits greenhouse gases. So does disposing packaging in landfills. Reduce, and choose to reuse.

## Don't panic, go organic

Choose fair trade food grown without high fossil fuel energy. Industrial agriculture depletes our soil. Research shows sustainable, climate-friendly farming CAN feed the world.

## Lean towards local

Food transport has climate consequences. Support local food producers and grocers.

## DIY food

Cook and grow your food at home.

**PRAYER FOR THE EARTH ON 10-10-10** from the Social Justice Committee at St. Paul's U.C.C., Seattle

Great Spirit, Our Creator:

Be with us today as we reflect on the state of the earth and its blessings –

most especially the climate from which spring your bounty that sustains life.

Be with us today as we consider the ways we are harming these blessings –

these precious gifts – by threatening the climate, wounding the earth, endangering life.

Always you call us to turn from the path of doing harm.

Always you call us to turn toward the path of faithful service and reverent stewardship of creation.

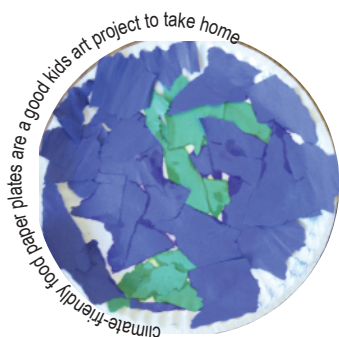
Be with us as we humbly rededicate ourselves and reapply ourselves to answering

this call to service and stewardship.

Help us to be ever more thankful for all that you give us through your generosity and grace.

Help us to care for the earth and each other with ever deepening love and compassion.

for more information about climate action see [www.350.org](http://www.350.org)



## HOW TO CREATE A CLIMATE-FRIENDLY COFFEE HOUR OR LUNCH AT YOUR WORKPLACE or PLACE OF WORSHIP

The Social Justice Committee of St. Paul's U.C.C. and the Food & Faith Study Group of Keystone U.C.C. in Seattle are pleased to offer these plans for any church/group to adopt or adapt for the 350.org 10-10-10 day of climate action and beyond.

Based on Anna Lappé's 7 principles for a climate friendly diet: 1. Reach for real food; 2. Put plants on your plate; 3. Don't panic, go organic; 4. Lean toward local; 5. Finish your peas...the ice caps are melting; 6. Send packaging packing; 7. DIY food. Sources: *Diet for a Hot Planet* by Anna Lappé; *Food and Faith*, edited and compiled by Michael Schutt.

1. **SELECT A MENU WITH AS MANY OF THE FOLLOWING FEATURES AS POSSIBLE:**
  - Whole, basic food, minimally processed and packaged (fresh fruit, not commercial fruit pastry, etc.)
  - Vegan or vegetarian; Local; Organic; Fair Trade; Home-made
2. **PLAN FOR ZERO WASTE**
  - Choose recyclable or compostable packaging;
  - If using disposable plates/cups/utensils, choose compostable or recyclable
  - Set out marked bins for compostable and recyclables
3. **CREATE AND DISPLAY INFORMATION ABOUT A CLIMATE FRIENDLY DIET**
4. **PREPARE HANDOUTS** (Great ideas include: Wallet-sized list of the 7 principles of a climate-friendly diet; Local Recipes; Farmer's market calendars; Climate-Friendly Earth Plates)
5. **CREATE A FORMAT FOR THE EVENT AROUND THE FOOD YOU SERVE – INCLUDING FEATURES THAT REFLECT YOUR SPIRITUAL TRADITIONS** (St. Paul's plan follows)
  - Opening prayer
  - Food service
  - Presentation of a ceremonial Earth Plate of the day's climate friendly food with commentary (See the other side of this handout. Note that the plate is based on the Jewish Passover Seder plate.)
  - Climate-friendly clean up
  - Distribution of educational materials

### More about the 7 principles of a climate-friendly diet. From *Diet for a Hot Planet* by Anna Lappe

1. **Reach for Real Food.** Choose food as close to its natural state as possible, minimally processed and not chemical laden. Choose meat and dairy from humanely raised animals that are grass fed or fed organically grown food. NOTE: Food processing is energy intensive. LEARN MORE AT: [www.grist.org](http://www.grist.org) and [www.ethicurean.com](http://www.ethicurean.com).
2. **Put Plants on your Plate.** Choose vegetarian or vegan. NOTE: Nearly 20% of the world's greenhouse gas emissions come from livestock production. LEARN MORE AT: [www.meatlessmonday.com](http://www.meatlessmonday.com).
3. **Don't Panic, Go Organic.** Choose food grown without the high energy inputs of soil-depleting industrial agriculture. NOTE: Organic farming nurtures healthy soil that STORES MORE CARBON, retains water and is more resilient in times of drought and flood. NOTE: A survey of 300 studies of yield data shows that going organic would increase the world's food supply for all the foods related to good nutrition and caloric needs. Organics can feed the world. NOTE: Subsidies for industrial farming keep the price of industrially farmed food artificially low. LEARN MORE AT: Institute for Agriculture and Trade Policy's Climate and Agriculture Research, [www.iatp.org/climate](http://www.iatp.org/climate).
4. **Lean toward Local.** Support your local food producers and local groceries & speak up for farmers. NOTE: A California study shows that global warming pollution from food imported by airfreight was 500 times greater than local. A U.N. study indicates food transport emissions may grow by more than 70% by 2020. LEARN MORE AT: [www.eatlocalchallenge.com](http://www.eatlocalchallenge.com)
5. **Finish your Peas...the Ice Caps are Melting.** Reduce food waste (buy only what you need; compost scraps; advocate for waste reduction at work, etc.) NOTE: 40 to 50% of food in the U.S. is thrown away, wasting not only food but also the energy required to grow and transport it. Food waste and other plant waste in landfills produces methane, a potent greenhouse gas. LEARN MORE AT: [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com).
6. **Send Packaging Packing.** Reduce use of food and beverage packaging AND advocate for reuse/recycling and ending use of plastic bags. NOTE: Emissions from producing food packaging has a large global warming impact as do emissions from landfills full of packaging. LEARN MORE AT: [www.storyofstuff.org](http://www.storyofstuff.org)
7. **DIY food.** Do It Yourself. Cook food at home and grow food (in backyards, rooftops & community gardens).