

40-Day Creation Care Challenge

2023 – Food, Faith and Climate

Sign up for daily updates and reminders: info@gulfcoastcreationcare.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>“Food is the fully sensory manifestation of God’s daily provision.”</p> <p>“I believe there is hope if...we commit to receiving our food as God’s love made delectable. No doubt, this will require a significant transformation in how we grow, receive, share and taste food.</p> <p style="text-align: right;">Norman Wirzba “Thinking Theologically about Food”</p>			<p>22 February</p> <p>Lent is an invitation to honesty and clarity. In “Preparing for Joy” we begin our fast with rejoicing. <i>Preparing for Joy</i>, Norman Wirzba https://bit.ly/preparingforjoy</p>	<p>23</p> <p>It is important to understand the connection between eating and the land in order to extract pleasure from our food. “The Pleasures of Eating” Wendell Berry https://bit.ly/pleasuresofeating</p>	<p>24</p> <p>How does your food impact climate change? Learn more and take action with: https://bit.ly/LoveFoodHa teWaste-Action</p>	<p>25</p> <p>Read UN Faith + Food Interfaith Statement: https://bit.ly/UN-Faith-Food-Interfaith</p> <p>Final Report – UN Food System Summit: https://bit.ly/Ethical-Global-Food-Systems</p>
<p>26</p> <p>“Learning to Say Grace: The Politics and Theology of Eating,” by Norman Wirzba https://bit.ly/learningtosaygrace</p>	<p>27</p> <p>Flood/Climate Overview from Canary Media: https://bit.ly/Food-Climate-Challenge</p> <p>US Food System Fact Sheet: http://bit.ly/3ZRT2QW</p>	<p>28</p> <p>Choose local foods that are in season. Transporting food long distances, whether by truck, ship, rail or plane, uses fossil fuels for fuel and for cooling to prevent food spoilage. bit.ly/BuyLocalFood</p>	<p>1 March</p> <p>Plan a garden today and start some seeds to germinate indoors. An herb garden in your kitchen window can be an easy way to begin. Start a community garden at your church. https://commonsensehome.com/start-a-garden/</p>	<p>2</p> <p>Get involved with organizations that advocate on behalf of our planet. Check out The World Wildlife Fund: https://bit.ly/WWF-Advocacy</p>	<p>3</p> <p>See curriculum from the Presbyterian Hunger Program, using scripture, prayer and stories from the local and global community to explore five key aspects of our relationship with food. https://bit.ly/just_eating</p>	<p>4</p> <p>Watch “Our Planet: How Does the Food We Eat Impact Our Climate?” (Netflix) Trailer: https://www.ourplanet.com/en/video/how-does-the-food-we-eat-impact-our-climate/</p>
<p>5</p> <p>“Sabbath, Soil and the Sacred Life,” interview with Norman Wirzba https://biologos.org/articles/norman-wirzba-sabbath-soil-and-the-sacred-life</p>	<p>6</p> <p>40% of all food in America is wasted. Help save the food with resources from: https://savethefood.com/ https://www.usda.gov/foodlossandwaste https://earth.org/what-is-food-waste/</p>	<p>7</p> <p>Preventing food waste is one of the easiest and most powerful actions you can take to save money and lower your climate change footprint. https://www.epa.gov/recycle/preventing-wasted-food-home</p>	<p>8</p> <p>Begin composting to reduce the impact of wasted food and feeding the soil. https://bit.ly/Composting-EPA</p> <p>Watch Compost at Home: http://bit.ly/3iKWgF4</p>	<p>9</p> <p>Working with community partners, implement a “Food: Too Good to Waste” program in your community. https://bit.ly/EPA_FTGTW</p> <p>Other solutions: http://bit.ly/3HIOPXR</p>	<p>10</p> <p>Watch: The Global Food Waste Scandal (TED) https://bit.ly/TED-Global-Food-Waste-Scandal</p> <p>A deeper dive into food waste (EPA): http://bit.ly/3XRCHtH</p>	<p>11</p> <p>Watch: “Just Eat It: A Food Waste Story” https://www.youtube.com/watch?v=KUHdTDwdq8U</p>

12 Meal blessing: In a world where so many are hungry, may we eat this food with humble hearts; in a world where so many are lonely, May we share this friendship with joyful hearts.	13 New study on plant-based diets from Lancet Planetary Health. Summary: https://bit.ly/PB-diet-summary Full report: https://bit.ly/PB-diet-Lancet	14 Focus on eating more plant-based for the planet and for your health. Helpful websites: climate-health-food-p2p.pdf (ecoamerica.org) Plant-Based Protein: A Culinary Nutrition Guide	15 Meatless Monday: Livestock account for more than 14% of global greenhouse gas emission. A meatless diet could cut those emissions by 63%! bit.ly/eat4good bit.ly/SwitchPlantBased	16 Students advocating for plant-based foods: https://bit.ly/PB-diet-youth-advocacy Set up gardens in schools: https://foodprint.org/issues/farm-to-school-and-garden-education/	17 For a clever animation about factory farming, spend time with The Meatrix series: https://www.themeatrix.com/	18 Watch: "Eating Our Way to Extinction" https://www.eating2extinction.com/
19 Adopt a new spiritual practice that makes you more attuned to God's creation. bit.ly/spiritual-practices-nature Cook at home; share meals with family and friends; reduce take-out and fast foods. http://bit.ly/3su4kdk	20 Food systems hold the key to eating more ethically: https://sentientmedia.org/food-system/	21 Climate change increases global hunger. https://www.concernusa.org/story/climate-change-and-hunger/ https://foodprint.org/issues/hunger-and-food-insecurity/	22 Chemical fertilizers do long-term harm to soil and waters. Fertilize with mulch, compost and manure; use natural methods to remove pests. bit.ly/YardRenovation	23 IPCC Climate Report on Reforming the Food System: https://foodprint.org/blog/ipcc-climate-report/	24 From Interfaith Power & Light: Discover what <i>your</i> faith tradition has to say about climate, food and agriculture: http://bit.ly/3XD49ej	25 Watch: "The Future of the Food Ecosystem – and the Power of Your Plate" Ndidi Okonkwo Nwuneli: The future of the food ecosystem -- and the power of your plate TED Talk
26 Zen blessing: We receive this food in gratitude to all beings who have helped to bring it to our table, and vow to respond in turn to those in need with wisdom and compassion. – Zen Meal Gatha	27 What is food justice, and why is it necessary? https://foodprint.org/issues/food-justice/	28 Worker welfare: https://foodprint.org/issues/labor-workers-in-the-food-system/ Animal welfare: https://bit.ly/Animal-Welfare-Food-Production	29 Purchase Fair Trade coffee, tea, chocolate and other goods. Regenerative farming practices are a potential solution to climate change. Make sure your church is serving fair trade coffee. bit.ly/FairTradeAction	30 Sign up to receive advocacy alerts from National Farm Worker Ministry: https://nfwm.org/	31 Explore food justice through the eyes of people experiencing homelessness and poverty. https://www.pbs.org/video/tpt-co-productions-food-justice/	1 April Watch: "Food Chains" – free to watch by signing in to Amazon: https://amzn.to/3Dmdqjo Food justice conversation: https://www.aspeninstitute.org/videos/177705/
2 Zen blessing: In this plate of food, I see the entire universe supporting my existence. – Thich Nhat Hanh	3 Accept our repentance, Lord, for you made us the stewards of creation, but we turned against you and betrayed your trust; and we turned against each other. Food and biodiversity loss: https://foodprint.org/issues/biodiversity-and-agriculture/	4 Accept our repentance, Lord, for the wrongs we have done: for our blindness to the need and suffering of all of creation. Food and suffering: https://www.unep.org/news-and-stories/story/9-ways-food-systems-are-failing-humanity	5 Accept our repentance, Lord, for our waste and pollution of your creation, and our lack of concern for those who come after us. Water footprint of food: https://foodprint.org/blog/ipcc-climate-report/	6 Accept our repentance, Lord, for our self-indulgent appetites and ways, and our exploitation of your creation. Food and exploitation: https://ourworldindata.org/environmental-impacts-of-food	7 Accept our repentance, Lord, for our intemperate love of worldly goods and comforts, and our dishonesty in daily life and work. Food and overconsumption: http://bit.ly/3QLvBnZ	8 Work with a team at your church to celebrate Earth Week April 16-25. Creation Justice Ministries' 2023 focus for Earth Day Sunday is farm/food systems. www.creationjustice.org/earth-day-library
April 9: Take some time today to reflect on all of the activities that you have read and done during these 40 days, and how they have brought you into greater harmony with the earth and with all life. Conclude your 40-day Creation Care practice by making a personal pledge to serve God and serve others by pursuing a more sustainable way of life.						