



What: World Food Day is celebrated every year on October 16th commemorating the inaugural meeting of the Food and Agriculture Organization of the United Nations in 1945 where 42 countries joined together in Quebec to bring greater awareness to the food that we eat, serve, and grow. More than 150 countries now participate and churches all over the world have convened through the Ecumenical Advocacy Alliance to launch a week-long campaign focusing on that special day.

and I care because? Its important to know where our food comes from! Its easy to subconsciously dig into a bag of chips, tear open a candy bar, or dig into a bowl of cheerios without appreciating our gifted abundance, the paths traveled from farm to mouth, or the many hands it takes to provide us the nutrition to pursue our callings and purpose in the world. Simply knowing where our food comes from allows us to grow in our gratitude for every meal a and see the deeper story and value of every spoonful!

The Challenge:

To start: From October 16th-22nd your challenged to eat only foods, or foods composed of ingredients, which you know their origins. Instead of going to the grocery, ask the local bakery what ingredients compose the bread you're buying and where they came from. Eat an apple from the neighbors tree (after asking) instead of a bowl of processed applesauce or put fresh grapes instead of jelly on your PB&J. Set aside anything with ingredients you can't pronounce or identify, research how to make your own cereal; bake a loaf of bread; or churn your own ice-cream, and visit a farmers market... And have fun!

Step it up: Up for a bigger challenge? Eat only ingredients mentioned in the Bible! Keep a log of what you eat & where you found the ingredients/foods mentioned in scripture and share with your group on the 23rd.

Research: What grocery stores in your area donate overstocked or ripened produce to local shelters or food banks? Create a list of all the grocery stores in around your church and find out their policies on donating goods so that you may be aware of where un-purchased food is going and more intentional in your shopping.

-Visit a local food bank and look at the food being offered. Are more foods processed/packaged or fresh?

ACT: Now that you know what stores are donating surplus foods, pick a store who throws out their produce and write letters, speak with store managers, start a petition, etc in an attempt to change their policies. Provide them with a list of local food banks and shelters that would gladly receive their foods and interview local store owners that do donate their goods as well as food bank recipients to hear its impact on their lives.

For more ideas, to schedule a presentation/discussion/workshop, or chat with your local PCUSA Hunger Advocate call Ryan at (443)223-7334 or email ryan@sweatysheep.com.