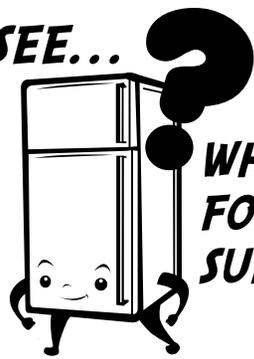


LET'S SEE...



**WHAT'S
FOR
SUPPER...?**

BEEF?

Nope, global warming gases...

GRAPES?

"Product of Chile" says here...

SALAD?

Wasn't there just a recall...

FISH?

Endangered species or high mercury levels...

SHRIMP!

Oh no - For every pound, 10 pounds of other sea life is caught in the nets and killed...

MILK?

All those hormones and antibiotics...

CHOCOLATE CAKE?

Did I hear they enslave children in West Africa to pick the cocoa beans...

BOTTLED WATER??!!

NCP says we pay 1000 times more than we need to for something we can get from the faucet, while a billion people don't have clean water—then we throw away 40 million bottles a day...

Sooo, all I need is something that's locally-grown, organically-produced, sustainably-harvested, non-toxic and carbon neutral picked by workers paid a decent wage...and that everyone will like and I can afford...

Looks like what I really need is . . .

HELP!!!!

HARD TO DIGEST

Making food choices is complicated in today's world of corporations, chemicals, global shipping, and lack of information about who-grew-what-where-under-what-conditions.

CONSIDER:

- raising a 1200 pound steer requires nearly **800.000** gallons of water (enough to float a small battleship)¹, **35** gallons of petroleum and **8000** pounds of corn²
- CO2 savings of pasta compared to meat for same amount of calories: **3.4** times less³
- globally, beef production creates **MORE GREENHOUSE GASES** than transportation⁴
- a vegetarian diet creates **LESS THAN HALF** the greenhouse gases as a red meat- or fish-based diet annually (.8 tons vs. 2 tons)⁵
- after fishing cod to near-extinction, commercial fishers went after sharks—and have now **DEPLETED** the Atlantic Ocean of 99% of large sharks (killed for their fins)⁶
- the US pays **FIVE TIMES** more in subsidies to US farmers than it gives in aid to Africa⁷
- primarily as a result of agricultural chemical run-off and soil erosion, there are over **200 "DEAD ZONES"** in the world's oceans⁸
- food production consumes nearly **ONE-FIFTH OF US ENERGY** (5% to raise/grow, 95% to package and ship)⁹

SOURCES

- ^{1,9} The Way We Eat (Singer)
- ² The Omnivore's Dilemma (Pollan)
- ³ Union of Concerned Scientists
- ⁴ United Nations/FAO
- ⁵ Eshel and Martin, U. of Chicago
- ⁶ Peterson and Baum; Genesis chapter 1
- ⁷ Brookings Institution; Cato Institute
- ⁸ UNEP

A DIET WE CAN LIVE WITH

LOWER

Hard to get around eating lower on the food chain. Eating less red meat spares huge amounts of water and grain, air and water pollution and wildlife habitat, and slices global warming gases. Plus, grain-based diets will feed at least twice as many of the world's people as meat-based diets.

The most populous large mammal in the Amazon Rainforest? Beef cattle: 57 million grazing on formerly pristine forest (CIFR)

LOCAL

Transporting food uses lots of fuel and creates lots of pollution. Importing food often supports multinationals' control of farm land that could be used to feed local people. Local producers are also more likely to be accountable for how they treat the land—their neighbors/customers are watching!

LESS

Less processing retains nutrients, lowers cost, and gives more control over what you're eating (read a label lately!?). Less fertilizers and other artificial inputs protects watersheds, soil vitality and even the nutritional content of foods. Less packaging reduces paper, plastic and metal consumption.

PAPER OR PLASTIC? Plastic grocery bags have significantly less eco-impact, but neither beats a reusable bag. This decision is meaningless, however, if the bag contains lots of red meat and non-organic, non-local foods—and is taken home by personal vehicle. These choices will have an impact many times that of the bag you choose. (reusablebags.com; butanol.com)

SHOPPING LIST

FOOD FOR THOUGHT

-*The Omnivore's Dilemma* (Michael Pollan) traces our diets back to corn—and exposes practices of industrialized agriculture

-*The Way We Eat* (Singer and Mason) invites us to consider the welfare of animals and earth when making our food choices
Note-to-self: factory-farm chickens live in cages the size of a sheet of paper

-*The Consumer's Guide to Effective Environmental Choices* (Union of Concerned Scientists) provides the low-down on the enviro costs of lots of consumer decisions, including the impact of food choices

-*Blessed Unrest* (Hawkins) and *Deep Economy* (McKibben) point toward local movements and economies as the hope of the future; *The Great Turning: from Empire to Earth Community* (Korten) reframes relation to earth and neighbor; *Stolen Harvest* (Shiva) Indian activist vs. corporate agriculture; *Seas and Trees*, NCP's guide to fish consumption

GROUPS BREAKING NEW GROUND

-*THE FAIR TRADE MOVEMENT* offers coffee, tea, cocoa and other items sustainably produced by small farmers who receive a decent wage (fairtradefederation.org)

-*COMMUNITY SUPPORTED AGRICULTURE* is a network of local producers offering seasonal foods grown sustainably; buy a share, share the bounty (localharvest.org)

-*ECOLOGY ACTION* (growbiointensive.org) and *THE LAND INSTITUTE* (landinstitute.org) are pioneers in showing a new way forward for agriculture

LET'S EAT!

WAIT...! A FEW FINAL OBSERVATIONS:

- Sustainably growing one's own food—or some portion of it—is the most earth-friendly practice. Shopping for sustainably-grown food by bicycle, walking or using a car for multiple errands is next best.
- *The impacts of our food choices are not always as clear as we may think.* For instance, local food can have more environmental impact than distant food if produced with high energy inputs or polluting outputs; “free-range” chickens may still be kept in cramped chicken houses; organic milk often comes from factory farms; shipping 80 calories of organic salad cross-country can require 4600 calories of transportation energy; transportation costs occur on both ends—driving the car a distance to buy local food or organic food can offset other gains.
- God has given us a beautiful and bountiful earth—and the command to till and keep it. *Good food choices enable us to do both!*



The New Community Project is a faith-based nonprofit organization with a national network and international partnerships. Our work includes promoting care for creation, peace through justice, and experiential learning. We offer Learning Tours to various parts of the world, while providing speakers and workshop leaders in schools, churches and community settings.

“turning the world upside down” Acts 17:6

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EAT, DRINK AND BE WARY...?

**FOOD CHOICES FOR A HEALTHY PLANET
AND HEALTHY PEOPLE**

New Community Project

Peace through justice
Care for creation
Experiential learning



“...turning the world upside down...”