

## GUIDELINES FOR EVENT FOOD

A central feature of many church events is the selection and consumption of food and beverages. The Environmental Leadership Team would like you to join with us in considering the ethical and environmental impacts of our food choices. In general, we recommend that we give priority to foods that:

- are locally produced through home or community gardens, farmers markets, or community supported agriculture.
- are the product of organic farming.
- are mainly plant-based.
- come from fair trade programs
- when they include meat or seafood, are certified as responsibly and humanely produced.
- do not include genetically modified organisms.
- are purchased from businesses or corporations that are known to be both environmentally and socially responsible.

We also ask that beverages do not include bottled water and that tap water should be made available in a palatable form (chilled, offered in pitchers)

Why do we recommend these actions?

Our food choices have a major impact on the planet and on “all living beings.” To make them mindfully honors all beings and reflects our commitment to the seventh U.U. principle, which calls upon us to respect the interdependent web of existence, of which we are a part.”

The denomination periodically issues statements of conscience. Delegates at the 2011 General Assembly voted to adopt a statement entitled “Ethical Eating: Food and Environmental Justice.” This document, which is consistent with ELT’s recommendations, is attached as an appendix.

According to a United Nations Report, entitled “Livestock’s Long Shadow,” raising animals for food contributes nearly one fifth of all global human-induced greenhouse gas emissions and is commonly done in an inhumane, unnatural fashion. It is one of the leading causes of both environmental pollution and resource depletion. Local foods, including meats, are much more likely than foods produced by the national food industry to be produced in environmentally and socially responsible, humane, ways, Buying locally reduces the carbon emissions associated with long distance transportation of foods to local markets.

How can we most easily conform to these recommendations?

Those purchasing or selecting foods or other goods for church (or personal) events can refer to two websites that rate various products based on the environmental and social responsibility exercised by the producing company: Visit [www.goodguide.com/](http://www.goodguide.com/) or [www.betterworldshopper.com/](http://www.betterworldshopper.com/)

Also visit the Town of Concord’s website at [http://www.concordma.gov/pages/ConcordMA\\_BComm/AgBrochureFinal.pdf](http://www.concordma.gov/pages/ConcordMA_BComm/AgBrochureFinal.pdf) for a guide to local farms and farm stands. Look for markets that favor local, natural, and organic products. Debra’s Natural Gourmet, Trader Joe’s, and Whole Foods are a few examples.

The U.U.A. Statement of Conscience on Ethical Eating is to be found online at: <http://www.uua.org/statements/statements/185320.shtml>