



ETHICAL EATING

Food is necessary to sustain life. However, some means of producing, processing and distributing food products have a greater environmental impact than others. While development of chemical fertilizers, pesticides and more intensive farming methods has greatly increased farming results, they also have a negative impact: polluting waterways and depleting the soil. Pesticides are linked to the occurrence of cancer.



😊	😐	☹️	Action	Cost	Benefits
			1. Avoid excessively packaged products.	FREE	Less garbage
			2. Choose <u>organic</u> products and offer vegetarian alternatives at meal time	5-10% more.	Healthier people and environment
			3. Choose , whenever possible, to buy <u>local</u> products at a market or in a farmers' cooperative.	Sometimes less expensive.	Healthier local economy
			4. Purchase seasonal products whenever possible.	Often less expensive	Fresher
			5. Post your initiatives so people can learn about all the responsible choices you have made.	FREE	Raises awareness

FAIR TRADE CERTIFIED

Workers in developing countries often do not receive a fair salary and/or have the right to reasonable working conditions. This is why faith communities have an important role to play in promoting certified fair trade products. Your purchase of these product has a long distance effect of bettering the lives of these workers and their families



😊	😐	☹️	Action	Cost	Benefits
			1. Make sure your church uses fair trade tea, coffee and sugar which are readily available in supermarkets and other shops.	5-25% more	The farmer receives a fair salary
			2. Post "The worker deserves his salary" poster close to your coffee machine. (it can be downloaded from our the website)	FREE	Raises awareness
			3. Display fair trade products for sale, including Green Churches coffee . This may be done after the Sunday services or at other events such as garage sales, rummage sales, book sales, etc.	FREE	Generates profit while supporting a good cause
			4. Invite a guest from an international development organization to speak about the benefits the purchase of fair trade products provide for their producers in developing countries. This could be done during the fair trade fortnight (beginning of May).	Make a donation	Raises awareness, benefits farmers

REDUCING WASTE



REDUCE

1. Thanks to the generosity of church members, meals taken at church often end with a food surplus! When planning a buffet, tea or meal at church **identify** an organization in your community where this food surplus may be distributed effectively, scubas, a soup kitchen for the homeless.
2. **Do not buy** bottled water and **post** the "Bottled Water Free Zone" poster in your dining area.
3. **Set the sample in your church lunchroom by the use of china dishes and silverware instead of disposable paper/plastic dishes and utensils. Do the washing use** dishes together while singing and having fun!
4. **Replace** Styrofoam cups with a re-usable solution, like ceramic mugs. You can even buy "Green Church" mugs in our online boutique.

REUSE



5. **Hold** a bazaar and give useful objects a second life.
6. **Shop** at a local thrift store and donate your clothing and goods there as well.
7. **Use** the reverse side of paper sheets as scrap paper.
8. **Reuse** envelopes by sticking on a new label.
9. **Reuse** procession candles until they are fully consumed.
10. **Repair** anything that is broken
11. **Resist** the temptation to buy a new replacement.



RECYCLE



12. **Collect and properly dispose of use ink cartridges** old ink cartridges and cell phones to **avoid** having them end up in a landfill.
13. **Place** recycling bins for paper, tin, glass and plastic in easily accessible areas.
14. **Recycle** paper which has been used on both sides.
15. **Recycle** paper after shredding (even if it contained confidential data).
16. **Put** a bin for battery collection in a prominent place with the "God Rules with Energy" poster (*in the Toolbox*). Afterwards, bring the full bin to a collection point (see Call2Recycle.ca).



COMPOST



17. **Install** a composting bin for all plant material (fruit/vegetable peels and flowers), if you have a garden or backyard. The compost may be used to fertilize the church's garden and it's easy to do! Many municipalities offer composting bins at a reduced price.



PURCHASE RECYCLED



18. **Buy** toilet paper made from 100% recycled paper.
19. **Look for** products made with recycled material, such as recycled paint, envelopes photocopy paper.