

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. Transportation on long distances also has consequences on the atmosphere. That's why we try to buy local and organic as often as possible.



😊	😐	😞	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. You'll find apples from Canada in January, and strawberries from Canada in June.	Often less expensive	Fresher
			5. Post your initiatives so people can learn about all the responsible choices you have made. For your next spaghetti dinner, write on a board a few local and organic ingredients. For example: "Organic Tomatoes, Local Carrots"	FREE	Raises awareness

FAIR TRADE CERTIFIED

How much of your food comes from a radius of 150 kilometers? What if you brought that up to 100% for a communal meal?

Locally grown foods tend to taste better (they are caught in the kitchen and ready to eat). Knowing the people who produce the food you eat promotes the connection with your local climate and seasons. Supporting local farms helps keep money in the local economy and helps support small businesses. Despite the wide variety of foods available in supermarkets, many foods specific to one's own region are not available, as is usually the case on a large scale. The idea of a 150km meal comes from The 100-Mile Diet, Alisa Smith and JB MacKinnon, from British Columbia who committed to eating food grown within a 100-mile radius of their home for a full year.

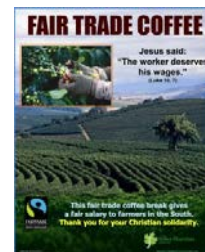


Organizing a 150 km dinner or picnic at the church requires a lot of planning and creativity, but also distinguishing this dinner or picnic from the others and giving it a strong focus on social justice - and could really catch the attention of your congregation!

FAIR TRADE CERTIFIED

Workers in developing countries often do not receive a fair salary and/or do not have the right to reasonable working conditions. This is why faith communities have an important role to play in promoting certified fair trade products. Faith communities can help by using and promoting certified fair trade products.

Hang up the poster called "The Worker deserves his wages" near the coffee machine. Download it from the "Posters" section under "Education".



😊	😐	😞	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. Display fair trade products for sale to your congregation members, including <i>Green Churches' Coffee</i> . 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
			3. Invite a guest from an international development organization to speak about the benefits the purchase of fair trade products provides 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

Green Churches Fairtrade Coffee

Through our partnership with *Santropol* coffee roasters, located in Montreal, we can provide you with our own blend of fair trade gourmet coffee.

With every cup of our fair trade organic coffee, you help Canadian churches reduce their ecological footprint and make sure small-scale organic coffee producers in Latin America receive a fair price for their product.

This gourmet coffee is a blend of coffees from four countries: Peru, Guatemala, Bolivia and Nicaragua.



The Green Churches Network is proud to offer a fair trade coffee certified by the *Small Producers Symbol* (SPP.coop). The first and only Fair Trade system created and governed by the small producers of South America.



For more information: coffee.greenchurches.ca

"Jesus said: The worker deserves his wages." (Luke 7:10)