

LIVE SIMPLY

MAY 2021

Scroll down for previous monthly contributions

A look at some issues around food this month. As Christians we cannot but be aware of the profound symbolism of food, and what it is to be sustained.

This month marks the sixth anniversary of Pope Francis' Laudato 'Si. His words have worldwide recognition amongst all of us who see their shared obligation to care for all life and the planet itself, who recognise the current injustices and inequalities that hurt the poor and marginalised most, and who strive to make the needed changes, starting with ourselves.

He says *"The emptier a person's heart is, the more he or she needs things to buy, own and consume. It becomes almost impossible to accept the limits imposed by reality. In this horizon, a genuine sense of the common good also disappears."* 206

As part of our Live Simply commitment we can consider what we can do - and ask others to do - to help make our food and farming a system fit for the future as part of an authentic way of life.

Sign CAFOD's petition to Reclaim Our Common Home

cafod.org.uk

Prompts for Sustainable Food

Getting the balance right.....



- Aim to be waste free – buy only what we need
- Eat better
- Less meat and dairy

- Buy local, seasonal and environmentally friendly food
- Choose Fairtrade certified products
- Select fish from sustainable sources only
- Get the balance right
- Grow your own when you can

Food Waste

This month sees **Stop Food Waste Day**.



Alarmingly, about 30% of the fruit and vegetables grown in the UK goes to waste. It's been estimated that on a global scale 25% of the food wasted would be enough to feed the 800 million undernourished people in the world. However, resources and distribution remain unequally managed. **Food waste is also one of the most fixable issues in the Climate Crisis which means that we can all play our part right now...**

At home we can all make changes in how we organise our food:

- Plan ahead and try to avoid those impulse buys (we're all tempted!!)
- Save leftovers and remember to use them
- Be aware that fruit and vegetables are being selected (on our behalf by the supermarkets) to conform to some notion of perfection – and the ones that don't make the grade are sent to waste. Eating what's grown, of all shapes and sizes, is just fine.
- Share, recycle and compost our food waste.



For more ideas:

- “Love Food Hate Waste” on www.lovefoodhatewaste.com
- WRAP online food information factsheet “Food Surplus and Waste in the UK – Key Facts” www.wrap.org.uk
- Oddbox, sustainable fruit and vegetable delivery www.oddbox.co.uk
- BBC Radio 4 ‘39 Ways to Save the Planet’

Food Production

Farmers are now being actively encouraged to take responsibility for how they use the land for its value for biodiversity as well as food production. We are in a period of transition as we need to come to terms with what sustainability means and how crucial it is to care for today’s and tomorrow’s harvests.

We can all try to shop more ethically by asking how our food was produced and where it comes from. Can we help challenge the myth that, never mind the production method, food needs to be as cheap as possible? What if the consequences of not doing so means we go against our moral principles and responsibilities?



“*Which*” magazine is a useful resource for representing consumer concerns about food labelling and the importance of maintaining standards of environmental protection and animal welfare that are under threat in international trade deals.

‘*Incredible Edible*’ is an example of what can be done when a local community group share experiences and maintain sites for home-grown, sustainable food production.

You can find out what they’re doing in Lambeth on their website:

www.incredibleediblelambeth.org or check out the founding group at

Todmorden who spoke at *Transition Town Tooting’s Green Drinks*

(recorded just a few weeks ago): transitiontowntooting.blogspot.com

A concluding reflection from Laudato ‘Si:

“A change in lifestyle could bring healthy pressure to bear on those who wield political, economic and social power. This is what consumer movements accomplish by boycotting certain products. They prove successful on changing the way businesses operate, forcing them to consider their environmental footprint and their patterns of production.”

206

