



FOOD FOR THOUGHT

A Publication of the Presbytery of Middle Tennessee Hunger Program
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Fair Trade

A form of hunger ministry

Fair Trade is an economic model that helps people:

- Access needed resources
- Provide for their families
- Gain control over their lives
- Live with increased dignity
- Tell their stories

The PC(USA) has been involved in issues of Fair Trade since the Presbyterian Coffee began in 2001.

PROMOTE FAIR TRADE

- Buy Fair Trade products from your local stores and supermarkets; encourage your family, friends, and colleagues to do the same.
- If your favorite store is not selling Fair Trade products, ask the store manager/owner to include Fair Trade merchandise.
- Organize your own Fair Trade activity to raise awareness of the importance of trade justice, fair prices, fair wages, working conditions, and supporting the livelihoods of small producers.

Fair Trade is a “trading partnership, based on dialogue, transparency, and respect, that seeks greater equity in international trade. It contributes to sustainable development by offering better trading conditions to, and securing the rights of, disadvantaged producers and workers — especially in the [Global] South.” – definition by FINE, a grouping of Fair Trade organizations that created a widely accepted definition of Fair Trade in 1998

Fair Trade merchandise includes:

Archer Farm products at Target
Ben & Jerry Ice Cream – selected flavors (see their website)
Divine Chocolate - whose farmers also own 45% of the company
Dunkin' Donuts' espresso, cappuccino, and lattes are 100% fair trade certified
Selected products including flowers and bananas at Trader Joe's & Whole Foods

In Nashville, Scarlett Begonia and Ten Thousand Villages sell Fair Trade products.



Share the Bounty

Launched in 1995 as a public service program by the Garden Writers Association, **Plant a Row for the Hungry** is a people-helping-people program that encourages gardeners to grow a little extra and donate the produce to local soup kitchens and food pantries serving the homeless and hungry in their local communities. If every gardener planted one extra row of vegetables and donated the surplus to local food agencies, a significant impact could be made on reducing hunger.

Donate what you can. It's easier than you think. Growing and eating from your own garden can improve your health, save money, increase your sustainability, and decrease your carbon footprint. And most importantly, your garden can help a lot of people in need.

As an Individual You Can Make a Difference:

- ✿ Plant or glean vegetables, fruit, or herbs from your home or community garden.
- ✿ Deliver the harvest to a food agency near you.
- ✿ Or buy a CSA membership and share with your local food bank.

To find a listing of farmers markets and community supported agriculture, go to Pick Tennessee Products at www.picktnproducts.org.



\$10,296,088

Since 1990, young people have been leading the charge and inspiring others to collect dollars and food weeks leading up to the Big Game. Teaming up with local partners, these groups give 100% of donations to local charities, changing the nation's largest weekend of football into the largest weekend of caring.

This year, the Souper Bowl of Caring collected over \$10 million in cash and food items in the fight against hunger. In the Presbytery of Middle Tennessee, we collected **\$12,776.23** and **2,806 cans and 100 pounds of food**. Thank you to all the churches that participated.

2016 Participating Churches Presbytery of Middle Tennessee

Bellevue	Historic Franklin
Belfast	Lawrenceburg 1st
Calvary	Lebanon 1st
Columbia 1st	Murfreesboro 1st
Cookeville 1st	Nashville 1st
Dechard 1st	New Creation
Dickson 1st	Pulaski 1st
Eastminster	Shelbyville 1st
Ellis Grove	Smyrna 1st
Fayetteville 1st	Southminster
Franklin 1st	Spring Hill 1st
Gallatin 1st	Tullahoma 1st
Hillwood	Westminster/Nashville
Hillsboro	

Hunger is an issue 365 days a year

1 in 7 Americans struggle with hunger.
48 million people. 15 million are children.

You can help.