

# FOOD FOR THOUGHT

A Publication of the Presbytery of Middle Tennessee Hunger Program  
Barbara S. Howell, Hunger Action Enabler

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615-332-3330, ext. 205 [barbarashowell@yahoo.com](mailto:barbarashowell@yahoo.com)

## Ten Commandments of Food\*

*During this year's week of action, we lift up the "Ten Commandments of Food" from the Food for Life Campaign*

I.

Eat food grown as close as possible to where you live.

II.

Give thanks for the food you eat.

III.

Strive for all people to have knowledge about and access to affordable, nutritious food.

IV.

Eat mindfully and in moderation.

V.

Do not waste food.

VI.

Be grateful to those who grow and prepare food for your table.

VII.

Support fair wages for farmworkers, farmers and food workers.

VIII.

Reduce the environmental damage of land, water and air from food production and the food system.

IX.

Protect the biodiversity of seeds, soils, ecosystems and the cultures of food producers

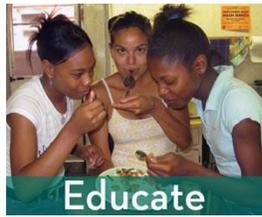
X.

Rejoice and share the sacred gift of food with all.

\* Developed by the World Council of Churches' General Secretary Rev. Dr. Olav Fykse Tveit and the Ecumenical Advocacy Alliance's Food for Life Strategy Working Group, 2016.

# Food Week of Action & World Food Day

October 9-17



*Our faith calls us to work for a world where everyone has sufficient, healthy, and culturally appropriate food! And where those who produce and prepare the food are fairly compensated, respected, and celebrated!*

Global Food Week of Action includes

- **World Food Day** (Oct. 16)
- **International Day for Rural Women** (Oct. 15)
- **International Day for the Eradication of Poverty** (Oct. 17)

People in the U.S. and worldwide are taking back their food systems – fighting for their land and waterways, reclaiming vacant lots, teaching others how to grow food, and developing local distribution systems – while creating jobs, providing fresh food, preserving the environment, building rural-urban connections, advocating for just policies, and revitalizing their communities.

TAKE ACTION, GET UPDATES, and ANNOUNCE your participation on the Food Week Facebook event page at [bit.ly/fbfoodweek](http://bit.ly/fbfoodweek).

You can download liturgies, worship and educational materials, and more at [pcusa.org/foodweek](http://pcusa.org/foodweek).



October 24, 2016

*A national event. Real food. Just food.*

## Why Food Day?

The typical American diet is contributing to obesity, diabetes, heart disease, and other health problems. Those problems cost Americans more than \$150 billion per year. Use October 24 to start - or celebrate - eating a healthier diet and putting your family's diet on track. Food Day is not just a day; it's a year-long catalyst for healthier diets and a better food system.



## World Food Day 2016

*special focus:  
climate change and agriculture*

### What can you do?

Everyone has a role to play in mitigating the effects of climate change. Countries need to invest in smallholder farmers and sustainably increase food production. But there are also a number of actions that you can take to help. By being conscientious consumers and changing simple day-to-day decisions, we can make a difference:

- Buy only what you need
- Eat less meat and more pulses
- Don't waste water
- Use "green" energy