

LOAF Meals

Jesus blessed and broke bread and gave it to His disciples saying. "Do this in remembrance of me." He often celebrated communal meals with His followers. You can follow His example when you have a Harvest, Alpha supper or picnic on Environment Sunday, and choose food that complies with at least some of the LOAF principles.

Download LOAF placemats from our website. Then invite people to enjoy their meal while thinking about the food they are eating.

Some Churches provide simple meals of homemade soup and bread with local, organically grown ingredients.

Others put on a spread of local cheeses, meat from humanely-reared animals, salads, pickles, bread, desserts, fruit juices, wine, coffee and tea – all labelled to show where they were produced and all following the LOAF principles.

One Church distributed seeds in Spring, and celebrated harvest with vegetables grown from the seeds.

Use Your LOAF!

The decisions we make about our food have far-reaching effects, influencing the way food is produced and animals are treated. LOAF meals can raise questions about over-exploitation of soil and people, fishing methods which destroy the ocean floor, and industrial agriculture's dependence on oil for transport, fertilisers and packaging.

**"Give us this day
our daily bread"**

Matthew 6:11



Green Christian

About: We are a community of ordinary Christians from all backgrounds and traditions. Inspired by our faith, we work to care for Creation through prayer, living simply, public witness, campaigning and mutual encouragement. We walk alongside those of faith and no faith.

We welcome new members. Join us!
greenchristian.org.uk/connect/join-us/

Events: Conferences, courses, retreats and workshops – online and in person.

Campaigns/Projects including: Borrowed Time; Joy In Enough on transforming our economy; Way of Life Community; Rainforest Fund Project; LOAF.

Resources: annual **Storm of Hope** pamphlet; twice yearly **Magazine**; monthly **Prayer Guide**; free **Email Newsletter** for all; **Members' email discussion group**. **Leaflets** for use in Churches: 7Rs on reducing consumption; *Biodiversity: Protecting Wildlife*; *Nine Ways of Living Gently*; *Eco Check Up for Churches*.

Resources on LOAF
greenchristian.org.uk/resources/loaf
LOAF placemat, a Eucharistic LOAF service and an informal service of worship, plus links to other websites.

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Use Your LOAF



LOAF stands for food which is:
Locally produced,
Organically grown,
Animal friendly and
Fairly traded.

Bread is full of symbolic meaning for Christians. In the gospels Jesus described Himself as "the bread of life."

When you next eat together can your Church adopt Green Christian's **LOAF** principles?

Use your **LOAF** to make a difference!

 **GreenChristian**
Responding to the Cry of the Earth

Locally Produced: helping community and neighbour

We believe that God created the Earth and its seasons. There is a time and a season for everything and there are moral choices in what we eat.



We live with an amazing amount of choice and variety in our supermarkets. However, the transport of food from around the world is a leading contributor to climate change. Our local farmers are struggling to compete in a global market, and overseas farmers are under pressure to produce food for export leaving little land and water for their own crops. Rainforests have been cleared to grow food for export, devastating the environment.

By choosing food that is grown locally, we can provide a good livelihood to local producers, and cut down on fossil fuel emissions. We will also discover the joy of seasonal eating: strawberries and apricots are a summer treat, pears in the autumn and brussel sprouts are a winter speciality. We can remember God's amazing goodness as we think more carefully about where our food has come from.

Tip: sign up to a local veggie box scheme. For seasonal food choices visit: eattheseasons.co.uk

Organically Grown: taking care of the Earth

We have a duty to care for the soil and water on which we depend. In the Genesis story Adam was created from the soil of the Earth. We share our planet with the diverse creatures that make up the Earth community, including the millions of creatures that live in the soil.

The pesticides and herbicides that are used to grow our food are causing the pollution of our rivers and loss of species, and are a threat to bees which are vital to the food production itself. Pesticide mixtures may be harming human health. Soils without organic matter become lifeless, instead of teeming with worms and other soil creatures.

By choosing organic food we will have healthier soils. We will see meadows rich with wild flowers and rivers full of fish again.

Tip: look for the Soil Association logo.



Animal Friendly: avoiding abuse

We have responsibilities from God for looking after animals (Luke 12:6). Abundant life for all demands that we produce our food in ways which nurture that life.



Animal welfare is neglected when eggs, dairy products, meat and fish are produced using intensive farming methods and long distance lorry transport. Animals are sentience/sentient beings and feel pain and suffer when ill-treated. Carbon and methane emissions from animal farming are boosting climate change.

All of us, whether vegan, vegetarian or meat-eater, can follow the 'A' of the LOAF principles. We can choose to eat less meat and to buy higher welfare meat. We will be respecting and nurturing the creatures that God made.

Tip: beware of confusing labels... look out for "free range" "outdoor reared/ bred", or, as a first step, "RSPCA Assured". Organically reared animals are subject to the strictest and best welfare regulations.

Fairly traded: creating social justice

We are called to act justly and not exploit the poor. Our neighbour is everyone anywhere in the world that we interact with. Farmers and producers overseas and in the UK deserve a fair price for their produce.

There will always be food that cannot be produced in quantity in north western Europe, including bananas, citrus, cocoa, olives, sugar, tea and coffee. Too often, prices to farmers don't even cover the cost of production. Thousands of coffee, tea and banana workers and farmers are living in poverty. Trade needs to be both sustainable and fair.

Buying fair trade foods means that workers who produce the food get a fair wage and better working conditions.

Tip: act justly by looking for the Fairtrade symbol.

