

ECO CHURCH: CATERING



FOOD ACCOUNTS FOR OVER A QUARTER OF THE WORLD'S GREENHOUSE GAS EMISSIONS SO IT IS IMPORTANT THAT WE MAKE SUSTAINABLE AND ETHICAL CATERING CHOICES IN OUR CHURCHES.

How to prioritise & save money:

- What is more sustainable? Conventional unpackaged produce, or organic produce that's packaged in plastic? Local, organic, or Fairtrade? Every parish will have its own priorities so do the best you can with the options available.

Sustainable food options:

- 1. Refuse** – Ask before purchasing - will we eat all of it? Would anyone miss it if we didn't offer it? Is there a more sustainable option?
- 2. Reduce** – Consider buying less or choose items that can be frozen to limit leftover waste. Choose items with less packaging.
- 3. Reuse** – Reuse food and packaging where possible. Send leftovers home (in reusable containers) with volunteers or parishioners or donate them to a soup kitchen or community fridge/larder.
- 4. Recycle** – For food items that must be packaged, go with recyclable packaging wherever possible.
- 5. Rot** – Compost all food scraps that cannot be reused.

Easy steps to take:

- Locally grown food that is in season will have the lowest carbon footprint and may be less expensive. • Support shops or farmers markets selling local produce. If supermarket products can't be avoided, look for certified Fairtrade foods.
- Reduce overall meat consumption but if you feel obliged to serve meat, support local farms and processors.
- Could you start a community garden with your church to grow your own food? Or ask congregation members with home-grown food to donate their surplus?
- Loose leaf tea and ground coffee will reduce packaging waste or, if you need to use teabags, choose compostable ones without plastic packaging.
- Calculate **the carbon footprint** of your food