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| April 2025  | Eco ChurchStay up to date with our Eco Church Journey  | Issue #3 |
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| In this month’s Eco Church article, the Green Team, which consists of Elizabeth Scharinger, Teresa Bacon and Paula Walsh, are continuing to support your Eco journey by focusing on food.Don’t forget, if you want more information, please ask the Green Team. We will be happy to help.**Food choices**When we choose what groceries to put in our baskets, we might be thinking:* Will it be tasty?
* Is it good for me?
* How much does it cost?

But perhaps…* What impact does this food item have on the environment?

More people are making food choices that are kinder for the planet - eating foods with a lower carbon footprint e.g. chicken rather than beef, beans rather than meat or fish, and choosing seasonal fruit and vegetables. |
|  |  | Here are some ideas you could try to lower the environmental impact of your diet. They will save you some money too.* Plan your meals, and aim to use everything up. If you find food items in your cupboards or fridge that are getting close to their expiry date, look on the internet for recipes to use them rather than bin them.
* Move away from meat (particularly beef) and dairy-based foods (these come with a high-carbon footprint) towards plant-based foods. You can do this whether you cook from scratch or buy frozen meals.
* Aim to skip meat and fish a couple of days every week. A vegetable chilli with rice is easy to make and with lots of beans, veg and seasoning, you won’t miss the meat.
* Cook in batches – freeze portions. Could you eat leftovers for lunch the next day?
* Eat with the seasons. Don’t buy strawberries in December or cabbages in July!
* Try growing your own, whether it’s a few herbs or salad leaves on a sunny window sill or setting up an area of your garden for growing vegetables or fruit.
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|  | **What a waste!**Did you know that about a third of all food produced globally goes to waste?The UK produces 9.5 million tonnes of food waste every year. Households are responsible for 70% of this waste, with each person in a household wasting around 70 kg annually. About half of this waste is still edible.Reduce your food waste by planning what you’re going to buy, and composting or recycling leftover food. Tackling food waste is a triple win. It saves food for human consumption, lowers the environmental impact of food production and consumption, and helps you to save money. |
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| **Psalm 24:1**The earth is the Lord’s and all that is in it, the world, and those who live in it | **John 1:3** All things were made through him, and without him was not any thing made that was made | **Philippians 2:4**Let each of you look not only to his own interests, but also to the interests of others |