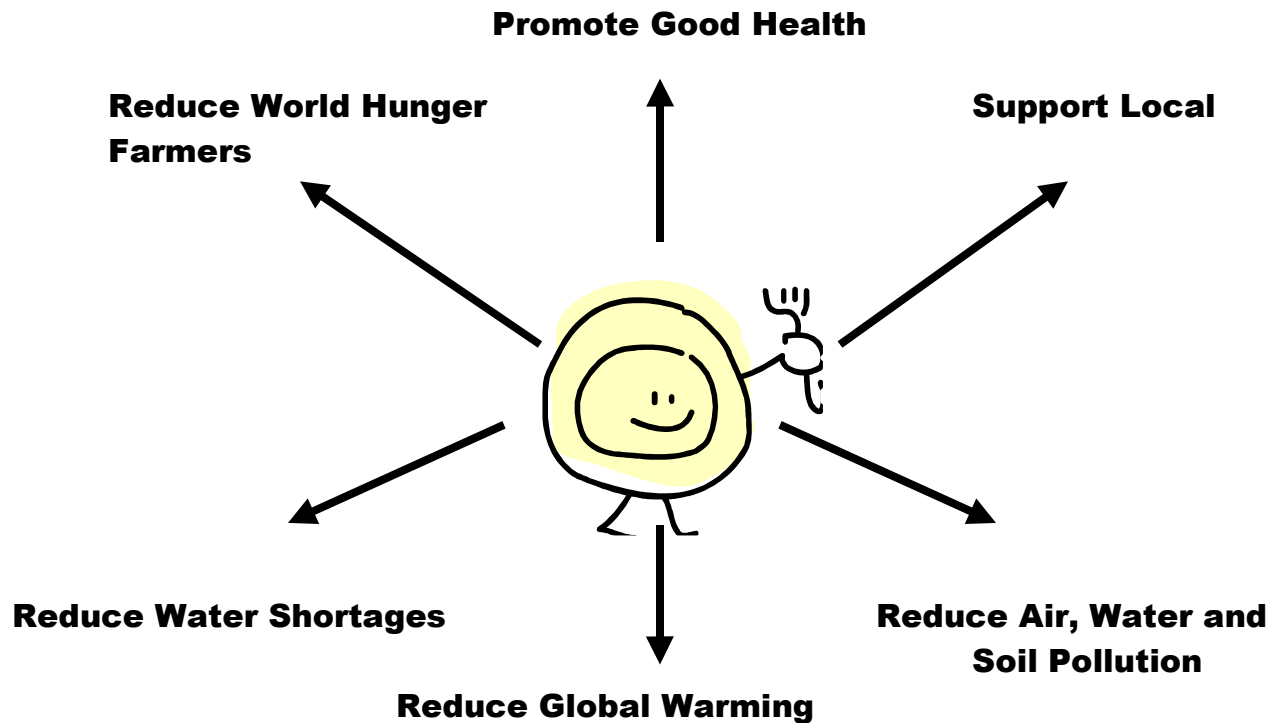


Food For Thought (And Action!)

The Power of the Plate



Nowhere is the interdependent web of life more apparent than in the food we eat. The way we grow, purchase, and eat our food has far-reaching environmental, economic, social and health implications. Many of the problems related to food have existed for centuries. Although modern society has made many advances, it has also heightened disease, hunger, pollution, economic dislocation and threats to the earth's genetic pool to unprecedented levels.

There is good news, however. These problems are NOT inevitable. Individual eating habits can make an enormous positive difference in our lives and the lives of future generations.

The purpose of the **Food for Thought (And Action!) Program** is to:

- **Bring to light** the connections between our dietary habits and the blessings they can bestow,
- **Empower** you, the members of our congregation, with knowledge of how to improve your health, your community and your world with every bite you take,
- **Take action**, once again renewing our faith's leadership role in environmental and social justice issues, and . . .
- **Enjoy** your food – never has environmental activism tasted so good!

It is rare that one set of actions – eating habits –
can have so many benefits.
*You really do have the power to make the world a better place –
one meal at a time.*