**Congregation Meeting Outline**

**Session 2 – Eating: Food, Faith, Science**

**Big Idea**: Food is connected to our faith, justice and creation.

**Action Item:** Ethic of Eating aligned with our faith and aim of restoring justice and restoring creation.

**Story:** Food choices and systems that are good for us, our neighbors, and creation.

**Meeting Flow:**

1. [Prayer](https://www.xavier.edu/jesuitresource/online-resources/prayer-index/native-american#:~:text=Earth%20teach%20me%20courage%20~%20as,leaves%20that%20die%20each%20fall.)

2. Sharing feedback on Session 2

3. Discuss and think about how food heals and nurtures community

4. Visioning/planning next steps for your congregation

5. Closing/Blessing

**Discuss**

1. **In the story of Church of the Redeemer (which is an example of much of the “Food that LAUGHS” framework - Local, Affordable, Uncomplicated, Good, Healthy, Seasonal), how might we be able to create a similar model at our church**?

* Find local farms/farmers we can serve with / learn from ([FARM - FINDER](https://www.localharvest.org/organic-farms/))
* Consider where we might put a garden on our church lot or in the neighborhood

1. **How can we use the “good on multiple levels” framework (Good for Us, Good for Neighbor, Good for Creation) to create an ethic of eating for our congregation? Understanding that Mediterranean/plant-forward foods are healthier for us, our neighbors, and creation, how might that inform or change the foods we provide at church?** 
   * Ethic of Eating - Consider creating an ethic of eating that connects dots between faith, food, and justice [Sample Ethic of Eating](http://www.becreaturekind.org/creaturekind-commitment)
   * Menu Plan - Consider plant-forward themes for our church meals and/or potlucks [Menu Planning – Menusofchange](https://www.menusofchange.org/principles-resources/moc-principles/)

**Planning Next Steps**

**To research** this month (assign to participants):

* Find farms/CSAs near our church [CSA - FINDER](https://www.localharvest.org/csa/)
* Find farmer’s markets near our church [FARMER’S MARKET - FINDER](https://www.localharvest.org/farmers-markets/)
* Find farms/farmers we can serve with and learn from [FARM - FINDER](https://www.localharvest.org/organic-farms/)
* Find local food justice nonprofits to partner with (like [Interfaith Food Shuttle](https://www.foodshuttle.org/), [Rafi-USA](https://www.rafiusa.org/farmersofcolornetwork/), [Roots of Change](https://www.rootsofchange.org/about-us-food-system-change/networks/nonprofit-allies/))
* Fill the above information into your Church Story Map

**To do:**

* Contact church leadership about getting approval for plant forward ethic of eating
* Connect with church outreach/justice teams to collaborate with local food justice nonprofits
* Consider joining a local CSA