



Questions

Psalm 65:9-13

- What sort of foods should we choose to eat to reduce pressure on the way we use land and water?

Psalm 104:13-15

- In what ways does the food we eat feed our emotions and spirit, as well as our body?
- How does the way we eat food affect these and our relationships with others?

Matthew 6:9-13

- Our daily bread - are there ways we can choose to buy only what we need for each day?

Deuteronomy 24:19-22

- How can our actions help ensure that all people have access to sufficient good food?



More information

Read the Report to the General Assembly 2012, 'Give Us Our Daily Bread'. This is available on the Church of Scotland website or by contacting the Church and Society office.

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Food is a Gift From God



Discussion Points



'Give us today our daily bread.' Matthew 6:11

Food is a Gift From God

Food is more than just fuel. It is a gift and a blessing upon which we all depend. Yet many of us shop in supermarkets for our food and never give a second thought about where it comes from or how it is produced. What we eat and how it is grown should mean much more to us than this.

Here are six questions for you to think about:

1. Can you grow your own food?

You don't have to be dependent on supermarkets for food. If you have a garden, growing your own food is one of the best, most local and most satisfying alternatives. It can be an exercise that sustains health and the spirit. Many people have little knowledge of or confidence in growing food. Church projects can help people learn to grow food plants and reconnect to nature. This can offer fresh food in season and new skills, companionship, and a healthier lifestyle.

2. Can you support local farmers and growers?

Supporting existing growers is an easy way to become more closely involved with food production whether through vegetable box schemes, farmers' markets or community bakeries. The scheme 'Making Local Food Work' promoted by the Soil Association and others offers opportunities to get involved. See www.makinglocalfoodwork.co.uk for more details.

3. How much food do you waste?

Food waste is a big problem and Scottish households throw away over half a million tonnes of food waste every year.

Wasted food is not only a waste of money and an environmental problem, it is an affront to God. The wanton disregard of the gift of food and its casual disposal should be offensive to all Christians. The Love Food Hate



Church projects can help people learn to grow food plants and reconnect to nature

Waste campaign offers practical hints, tips and recipe ideas for reducing food waste. You can find out more at www.wasteawarelovefood.org.uk

4. What do you think about when food shopping?

When you are shopping do you ask where your food is grown, who grew it, how it was processed and how it got to the shop? If it is from out with Scotland how far has it travelled and is it Fairtrade?

5. ...and in a café or restaurant?

We eat out far more than we used to, yet how much do we know about the café or restaurant? Can they tell you where the food you are buying was grown, how it was processed and if it is from out with Scotland, how far has it travelled and is it Fairtrade?

6. What about food in schools, hospitals, care homes and prisons?

Catering in institutions is a huge business in which the quality or origins of the food are often secondary to price. It need not be so and congregations should consider supporting campaigns to promote better eating in schools, hospitals and elsewhere.