



North Carolina Interfaith Power & Light

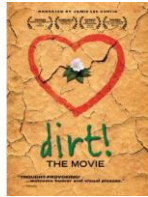
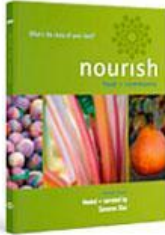
a program of the NC Council of Churches

www.ncipl.org • info@ncipl.org

Starter-List

Resources for Low-Carbon Eating

A Starter-List of Resources for Low-Carbon Eating



Sow a Cool Harvest, and Enjoy a Cool Harvest
Interfaith Power & Light

Order the organizer kit and get the DVD for only \$15!!

<http://interfaithpowerandlight.org/>



COME TO THE TABLE

people of faith sustaining local farms and relieving hunger in North Carolina

A program of the NC Council of Churches in cooperation with other non-profits.

www.cometothetablenc.org/



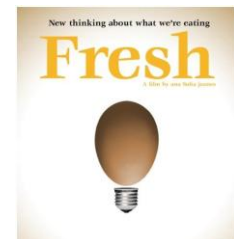
Be Healthier, Reduce your Carbon Footprint

www.meatlessmonday.com/

Excellent, Inspirational and Hopeful Film.

Will help start a good discussion.

<http://www.freshthemovie.com/>



FARMER'S MARKET ONLINE

Find your local farmer's market

<http://www.farmersmarketonline.com/fm/NorthCarolina.htm>



Growing Small Farms

CHATHAM COUNTY CENTER
NORTH CAROLINA COOPERATIVE EXTENSION

Promoting awareness, understanding, and practice of sustainable agriculture

Join a CSA – Find one in your area

<http://chatham.ces.ncsu.edu/growingsmallfarms/csafarms.html>

The “To Do” List from Nourish – Plus Some

Be the Difference

Teach and Learn

- Ask where your food comes from and how it gets to you
- Teach the Story of your Food
- Learn what is local and when it is in season
- Have a discussion with your family about food choices

Grow your own

- Start a garden at home, in school, at church
- Grow herbs or vegetables on you porch or deck
- Join a community garden

Create Community

- Make a meal with friends and start a tradition
- Meet local farmers
- Start a farmers market in the church parking lot (Come to the table)
- Go meatless at church food events, maybe even vegetarian sometimes

Change the Menu

- Eat local and in season when possible
- Try to find organic foods or foods with fewest chemical inputs
- Eat more fruits, vegetables and grains
- Shift away from red meat and excess dairy
- Eat seafood that is good for you and the environment (www.montereybayaquarium.org/cr/seafoodwatch.aspx)
- Stay active, eat less, exercise more

Shop Wisely

- Certified organic
- Fair trade
- Whole foods – food you recognize when you buy it!
- Fewest ingredients in processed foods most often better
- Least packaging, bulk is best
- Shop at the local farmer’s market, food coop or health food store
- Join a Community Supported Agriculture group
- Minimize car shopping trips – make a list and combine your driving
- Ride your bike or walk to the store/market
- Bring reusable bags to the store

Take a Stand

- Get involved with a food organization and increase your effectiveness
- Talk to policy makers,
- Learn about the 2012 farm bill and get involved (interfaithpowerandlight.org/wp-content/uploads/Farm-Bill.pdf)

Pray

- Thank God for God’s bountiful creation and gifts of food and nourishment
- Ask forgiveness for the damage already done and guidance and grace to reverse it
- Download Thanking God with Integrity Vol II
(www.worldvision.ca/GetInvolved/Responding-Churches/Documents/Thanking-God-with-Integrity-2.pdf)

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