

Enough food, but not too much

Have you ever sat down to a plate of food that is just too much for you? If you had a typical “Irish Mammy”, then your plate would have often been generously overloaded with food and you wouldn’t have been allowed go out and play until it’s all finished!

Size matters If you want to reduce food waste in your house, looking at portion size and the way food is served can make a big difference.



How? Place food in bowls. Then people can take what they want. Any food that is left over can be eaten later. Start with small portions and then you can add to it from serving bowls. Use smaller plates or bowls, especially for children.



Isn't it mad?

You can be fined for throwing litter away,
but not for throwing food away!

Parish Activities - Why not...



- Have a parish picnic?
- Invite a ‘chef’ to show us how to use leftovers?
- Organise a visit to a local food producer?
- Invite parishioners to write a ‘*Grace before / after Meals*’ and share them on the parish newsletter?
- Ask people to share recipes for using food that is available locally?
- Make people aware of *Fairtrade* products?
- Use only Fairtrade tea and coffee at parish events?
- Celebrate a Harvest liturgy?
- Support your local Farmers’ Market?
- Buy local and seasonal products.?

For more ideas see:

www.stopfoodwaste.ie
www.voiceireland.org
www.transitionkerry.org/food

Justice, Peace and Integrity of Creation

www.dioceseofkerry.ie



Diocese of Kerry

Cherishing God’s Gift of Food



Time for Creation



Food is God's Gift

Many of us treat food as mere fuel for our bodies. But food is a gift from God's creation for us. By slowing down and noticing what we are eating, we begin to realise what a gift it is to have food that is delicious and nourishing.



Grace Before and After Meals

Pope Francis asks us to *“return to this beautiful and meaningful custom. That moment of blessing, however brief, reminds us of our dependence on God for life; it strengthens our feeling of gratitude for the gifts of creation”*

Laudato Si #227

Some ways of appreciating our food

- Mindful, loving attention to the preparation;
- Savouring each flavour and texture;
- Being present to the moment and to the people with you.

Food - waste not, want not!

In *Laudato Si* #50 Pope Francis says that *“whenever food is thrown out, it is as if it were stolen from the table of the poor”*. In Ireland, the average householder wastes €700 worth of food each year! In a world where so many go hungry, it is surely wrong that we waste so much food.



Notice what foods you throw out / waste on a weekly basis. Could you find ways to use these foods or if not, lose these foods from your shopping list?



Meal suggestion

An omelette will give you a quick, nutritious and tasty meal. You can use leftover foods that you might otherwise throw out e.g. dried cheese, cooked potatoes and vegetables.

Food - shop wisely

Make a list of what you need and stick to it – the more you buy, the greater chance there is of food being wasted.

Be smart - “Buy one, get one free” seems like a great offer....but do we really use the second item? Salad bags can be handy – but do you finish it or is it gone off by the time you get to the end of the first bag?



Storage tips

- When you are storing your shopping, move the items already in the fridge / press to the front and put the newer foods towards the back;
- Store apples in the fridge and bananas in a paper bag;
- Prepare and cook perishable items, then freeze them for use throughout the month.