

## 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 por-



**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](http://www.stopfoodwaste.ie)  
[www.voiceireland.org](http://www.voiceireland.org)  
[www.transitionkerry.org/food](http://www.transitionkerry.org/food)

Justice, Peace and Integrity of Creation

[www.dioceseofkerry.ie](http://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.