



**FOOD**  
**FOR THOUGHT**

**for families**

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# Food for thought for families

*...is based on the '10 Commandments of Food'  
by the World Council of Churches.*

The Ten Commandments of Food show us how we can help make the world a better place by **thinking** about how people get and use food. Each 'commandment' helps families talk about food, using the Bible to guide us, so we can find ways to make people's lives better.



# 1

## Give thanks for your food

*"...giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ." Ephesians 5:20*

Food is super important for us because

it helps us stay healthy and strong. It's the fuel that gives us energy to run, jump, grow taller, and learn new things! But do you know where food comes from? It's a big team effort ...the sun helps plants grow, rain waters them, insects help flowers turn into yummy fruits and veggies, and farmers work really hard to grow and pick the food. And then, there are people who cook it all up into delicious meals for us to enjoy! Let's always be grateful for all the amazing food we have. Remember, it's a gift from God, who made our Earth and all of us!

### Take Action!

- Give thanks to God every day for the food we eat.
- Thank the people who prepare our food.
- Remember those who do not have food to eat.



# 2

## Eat food grown close to where you live

*'...they shall all sit under their own vines and under their own fig trees, and no one shall make them afraid; for the mouth of the Lord of hosts has spoken.'* Micah 4:4

"Eating food that comes from nearby is awesome! When food doesn't travel far, it's fresher and yummiier. Buying food from local markets helps our farmers, too. Sharing food and things with each other makes everyone happy. So, eating local food is great for everyone!"

### Take Action!

- Find out where your food comes from.
- Choose to buy from local farmers, shops and markets.
- Tell others about the food that is available close to you.
- Consider planting a vegetable garden at home, school or church.



# 3

## Everyone should learn about food & have access to nutritious food

*So Pharaoh said to Joseph, "I hereby put you in charge of the whole land of Egypt."  
Genesis 41*

Joseph oversaw Egypt's food supply. He made sure everyone had enough to eat when the famine hit. In the New Testament, Jesus and his friends also shared food with people who needed it. As Jesus' followers today, let's learn about food and help others get healthy food too. No one should be hungry.

### Take Action!

- Learn more about food and which foods are good for us. Share our food knowledge with others.
- Tell an adult if you know a child is hungry.
- Find ways to raise money for people who can't buy their own food.



**For parents:** Start a conversation with your children as you take time to prepare a meal together. Discuss these food for thought ideas as a family.

# 4

## Think about the food you eat & eat in moderation

*Jesus prayed "Give us each day our daily bread." Matthew 6:11*

What is your 'daily bread'? What kinds of food do you eat every day? Do you eat foods that are good for you, or do you eat foods with lots of sugar and fat? Just like we take care of our world, we need to take care of our bodies. Eating too much or eating unhealthy foods can make us sick, causing problems like diabetes, obesity, and heart issues.

### Take Action!

- Find out how different foods affect our bodies.
- Choose to eat nutritious foods with less sugar or fat.
- Try new kinds of healthy food.
- Be mindful when you eat – chew slowly, think about what you are eating, take note of tastes, smell and texture, look at presentation.
- Stop eating when you start to feel full.



# 5

## Don't waste food

*Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. John 6: 11-13*

As a child of God, food is a gift from God to be enjoyed and shared. Let's not throw it away or waste it.

### Take Action!

- Choose to buy, cook and eat ONLY what you will actually eat.
- Carefully store leftovers and plan to use them soon.
- Share leftovers with friends or those who are hungry.
- Turn food scraps into compost for your garden.



# 6

## Be grateful to those who grow & prepare food

*And Jesus sent Peter and John, saying, "Go and prepare the Passover for us, so that we may eat it." Luke 22:8*

A lot of people help make the food we eat at each meal. Think about it: who planted and watered the vegetables you're going to eat? Who got the food ready for the store? Who cooked your meal today? Everyone at home can help with food in some way – like planting seeds, watering and picking veggies, getting ingredients ready, or cooking the food.

### Take Action!

- Learn more about the people who grow the food we eat and pray for them.
- Thank those who prepare food for you - for all their efforts and their hard work.
- Don't leave all the food preparation work at home to just one person.
- Let's pray and ask God to bless those who prepare food.

### For parents - Personal challenge

Children do what YOU do. How can you lead your family in implementing some of the action points together?

# 7

## Support fair wages for farm workers, farmers and food workers

*For the Scripture says, "Do not muzzle an ox while it is treading out the grain" and "The worker is worthy of his wages."  
Timothy 5:18*

Sadly, not all workers get paid fairly for the work they do. This isn't right, and the Bible says that God hears the cries of these workers. Let's do the right thing and encourage others to do the same.

### Take Action!

- Find out more about the companies who farm or handle your food.
- Do not buy food products from companies who treat their people badly.
- Treat all food workers with respect.



# 8

## Reduce environmental damage

*But in the seventh year the land is to have a sabbath of rest, a sabbath to the LORD. Do not so your fields or prune your vineyards. Do not reap what grows of itself or harvest the grapes of your untended vines. The land is to have a year of rest. Leviticus 25*

The Bible tells farmers to take care of their land. Using our land and water wisely helps keep the environment healthy. We should avoid using too many chemicals, polluting water, harming bees, and bad farming practices.

### Take Action!

- Choose to eat earth-friendly food farmed with good practices.
- Look for organic food which is grown without chemicals.
- Buy locally sourced foods to reduce the impact of transport.
- Be an activist:  
...share what you learn with others



# 9

## Protect biodiversity - seeds, soils, ecosystems & local cultures

*Then God said, "Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it." And it was so. Genesis 1:11*

In Genesis, God created the earth and everything in it. He told people to take care of His creation and be in charge of it. We are His helpers or 'caretakers' of our world.

### Take Action!

- Think about what we use/eat.
- Choose to buy food and products that don't harm the environment.
- Speak up for the rights of local communities, especially for the protection of their traditional lands, resources and cultures.



# 10

## Share the gift of food with others

*While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples... Mark 14:22*

Jesus ate meals with all kinds of people. Mealtimes are a great time to share our food, friendship, and faith. When we eat together, we can talk and connect as friends, families, and communities. At mealtimes, we also give thanks for what we have.

### Take Action!

- Invite people into our homes to share a meal together
- Pack an extra sandwich or fruit to share with someone at school
- Take a meal to a family that is struggling or going through a hard time.
- Raise money for organisations who help people suffering from hunger.

### For parents - Family challenge

As a family: (1) Invite someone for a meal this week.  
(2) Choose a charity to support to feed hungry people.