

EPIC

April 2013



CREATION CARE



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TENTHCHURCH

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Contributing Writers



Ken Shigematsu
Senior Pastor



Jay Ewing
Pastor of Community
Life: 3rd Service



Leah Kostamo
A Rocha



Rick Faw
A Rocha



Matt Humphrey
A Rocha



Alicia Perez
Marketing + Communications
Coordinator



Karen Giesbrecht
Out of the Cold + Oasis
Coordinator

Pastoral Staff

■ Please contact any of our staff for more information.
For a complete staff directory visit tenth.ca/team

Ken Shigematsu
Sam Rima
--

Senior Pastor
Executive Pastor

Jade Holownia
Jay Ewing
Dan Matheson
John Williams
Jane Ty
Catherine Fenn
Catlin Allen
Ken Pierce
Ryan Lui
Wendy Dubois
Vanessa Roth
Vanessa Roth
Arran Baird
Jeff Hawker
Karen Giesbrecht
Alvin Ram

Community Life-Mount Pleasant
Community Life-3rd Service
Community Life-Kitsilano
Worship + Arts
Children
Children-Kitsilano
Youth
Adult Discipleship
Small Groups
Community Outreach
Interim International Missions
Ministry Development-Kitsilano
Worship Facilitator-3rd Service
Worship Facilitator-Kitsilano
Out of the Cold + Oasis Coordinator
LiveWire Coordinator

Publisher

Tenth Church

Creative Director/ Designer

Brian Liu

Chief Editor

Alicia Perez

Writers

Ken Shigematsu
Jay Ewing
Leah Kostamo
Rick Faw
Matt Humphrey
Alicia Perez
Karen Giesbrecht

EPIC

everyone participating in community

TENTHCHURCH

11 West 10th Avenue
Vancouver, BC, Canada V5Y 1R5

Entrusted With The Earth

By Ken Shigematsu



Photograph by Sandra Leung, Yaletown Photo

In creating the oceans and the mountains, the stunning colors of a peacock feather, and the beautiful intricacy of a human face, the Maker of all things engaged in joyful creation (Genesis 1:31). As an artist rejoices in a masterpiece, as a mother adores her baby, so God delights in the earth he created.

When my wife Sakiko and I married, my uncle gave us a piece of art he had painted of a couple standing at the end of a brick alley adorned with lush green ivy and potted plants in Gastown. Sunlight streams onto the couple. “This is my favorite painting,” my uncle said. Knowing this, I view it with deeper gratitude and respect. In the same way, when we recognize that God gifted us with this earth that he made and loves, we will enjoy it with gratitude and treat it with respect.

Throughout history there have been Christians who have not taken good care of the earth, believing that it will one day be destroyed and replaced. There are people who believe that one day God will take Christians from the earth, and the rest of the world will be left behind and destroyed. If our planet will shortly come to an end, they reason, there is little point trying to preserve it.

But the Scriptures do not teach that one day the world will be obliterated or absorbed into the nothingness of the universe as some religions teach. Instead, this earth according to Romans and Revelation will be redeemed and restored.

In Revelation 21:5, we read: “He who was seated on the throne said, ‘I am making everything new!’ Then he said, ‘Write this down, for these words are trustworthy and true.’”

God does not say, “I will make *all new things*,” but, “I will make *all things new*.”

We treat the earth with greater care and respect if we believe one day, perhaps soon, it will be renewed by God to serve as our everlasting home.

If our current world will be renewed at the coming of Christ, then, as respected theologian N.T. Wright says, our care for God’s earth is not simply a way to make this world a more bearable place until the day we leave it behind altogether. Rather, every act of caring for the world will all find its way into the new creation that God will one day make. Our care for the earth is a way of building God’s Kingdom.

In this issue of EPIC we focus on our call to care for an earth entrusted to us. Jay Ewing writes about why Christ followers are naturally positioned to lead the creation care movement. Karen Giesbrecht envisions moving toward a more just and sustainable way of growing and consuming food. We also feature Tenth’s commitment to care for our earth through our community garden, green waste management, and recycling.

A Biblical Foundation For Creation Care

By Jay Ewing

What comes to mind when you hear the words environmentalism, green movement, or eco-friendly? Perhaps you think of a granola-munching hippy chained to a tree or a khaki-clad biologist traipsing through the forest. Maybe you envision a corporation plastering its products with green-wash to make more money. In recent years, the green movement has garnered a lot of attention and has been hotly debated over dinner tables and board tables alike. However, as you ponder the current state of our planet, do God and His followers come to mind?

Caring for creation is not a passing trend or political card to be played, but rather central to the biblical story and integral to our Christian faith.

As Christians, we should be at the forefront of the environmental movement. But, if Christians do not understand the biblical foundations for caring for the environment, they cannot be prepared to undertake this biblically-mandated job. Peter Harris, the founder of A Rocha (a Christian organization dedicated to caring for God's creation), writes, "the World Wide Fund for Nature recognizes that people treat the world according to what they believe about it. Therefore if our views are not based on sound biblical truth and God's revelation through creation, we are bound to treat creation in a way that does not glorify the creator," (Under the Bright Wings, Peter Harris). Caring for creation is not a passing trend or political card to be played, but rather central to the biblical story and integral to our Christian faith. So, what does the Bible say about caring for creation?

In the beginning of the grand biblical narrative, God commands, "Let the water teem with living creatures, and let birds fly above the earth across the expanse of the sky. So God created the great creatures of the sea and every living and moving thing with which the water teems, according to their kinds, and every winged bird according to



its kind," (Gen 1:20-21 NIV). Indulge me here for a moment, but just imagine the sheer abundance of what the writer of Genesis is describing: waters teeming with life, skies full of birds, and the land rich in biodiversity. I am not a biologist, but if I was, this would be my idea of a perfect field study site and God agrees.

The end of Genesis 1:21 (NIV) says, "And God saw that it was good." In fact, in the whole creation story, "good" is repeated 7 times. In Hebrew literature, if a word or a phrase is repeated, it intentionally implies importance. Here, "good" refers to "beauty and peace". So, what God had made, He declares "good" – it is full of beauty and peace, without a hint of violence or brokenness. This is creation as intended; it is interdependent, sustainable, and beautiful.

This one sentence can frame our entire view of creation care.

Then God created humankind: "Let us make human beings in our image, in our likeness, and let them rule over the fish in the sea and the birds of the air, over the livestock, over all of the earth, and over all the creatures that move along the ground," (Gen 1:26 NIV). This one sentence can frame our entire view of creation care.

"God spoke: 'Let us make human beings in our image, make them reflecting our nature so they can be responsible for the fish in the sea, the birds in the air, the cattle, and, yes, Earth itself, and every animal that moves on the face of Earth,'"

We were created in God's image. Therefore, we are meant to reflect His nature. Keep this in mind as you read the second part of the sentence, "and let them rule". These two



“Let’s be a people that lead the way in caring for God’s creation!”

ideas are separated by the word “and.” The creation of humans is not independent of His command to take care of the earth. Rather, He created us in His image to care for the earth. We cannot separate our existence from the act of caring for the rest of existence. We can conclude then, that we are expected to rule over creation as God would since we are created in His image. In *The Message*, which is the Bible reworded in contemporary language, Eugene Peterson translates this verse as, “God spoke: ‘Let us make human beings in our image, make them reflecting our nature so they can be responsible for the fish in the sea, the birds in the air, the cattle, *and, yes, Earth itself*, and every animal that moves on the face of Earth,’”.

Later in the Genesis account, when Adam and Eve eat the forbidden fruit, sin (an act that breaks relationship with God) enters the world. In Adam and Eve’s disobedient act, three key relationships, upon which the whole created order depends, were severed: (1) the relationship between God and us, (2) the relationship between us and others, and (3) the relationship between us and God’s created world. When we talk about the fall of creation, we often refer to the first two and neglect the significance of the third. However, the first sin of humankind was an act of environmental degradation! From that point, each environmental transgression added up, compounding upon itself, to this particular point in time where the world scarcely resembles that first garden paradise.

But Christians, don’t despair! We have hope, which started with God entering into the world He created. John 3:16 (NIV) says, “God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.” By the way we usually interpret this verse, you would think it said, “For God so loved humanity,” or even the “individual,” but it does not. It says, “For God so loved the world.” In the original Greek, the word “world” is closer to “cosmos,” or “entire universe.” Jesus was sent for the sake of the entire created world.

Ultimately, Jesus’ resurrection is the first fruit of the new creation which is to come. In Colossians 1:20 (NIV) we are told that Jesus came to reconcile all things to himself, “...whether things on earth or things in heaven, by making peace through his blood, shed on the cross.” Reconciling simply means that He is restoring all three of the broken relationships that were severed by Adam and Eve. We are told in Revelation that the final completion of this restoration will occur when Jesus comes again.

So, what are we to do in the meantime? We are called to be a people who tangibly show God’s love to the rest of the world (and remember God’s love encompasses the entire cosmos). Every time you preach the gospel, every time you share a glass of water, and yes, every time you plant a tree or compost your waste, you are participating with God in ushering in His Kingdom. Let’s honour God’s original command to steward the earth. Let’s participate with Him in restoring broken relationships. Let’s be a people that lead the way in caring for God’s creation!

“Any error about creation also leads to an error about God.”

(Summa Contra Gentiles, II.3, Thomas Aquinas)

“The Earth is the Lord’s, and everything in it”

(Psalm 24.1 NIV)

“If we do not properly understand our home planet, we will not properly understand the nature and character of the God we worship and claim to serve.”

(For the Beauty of the Earth; A Christian Vision for Creation Care, Steven Bouma-Prediger, p14)

Introducing A Rocha

Hugging Trees For Jesus!

By Leah Kostamo of A Rocha

What do you get when you combine a passion for God, a love of creation and a heart for community? You might get many things, but most likely you'll get someone involved in A Rocha – an international Christian organization which, inspired by God's love, engages in scientific research, environmental education and community-based conservation projects. A Rocha has been active in the Lower Mainland of Vancouver for over twelve years. Our vision is the transformation of people and places into healthy communities through a movement of individuals and groups, caring for God's world. Restoring salmon habitat, training young scientists, inspiring school children, feeding low-income families—A Rocha is transforming people and places through hands-on conservation projects, environmental education programs and sustainable agriculture initiatives.

Internationally, A Rocha began 30 years ago when a young Anglican priest and his family set out for the Southern Portuguese coast to set up a Christian Bird Observatory and Field Centre Study Centre. Thirty years on, A Rocha has projects in 20 countries around the world including places like India, Ghana, Uganda, France, the UK, Brazil and Peru.

Locally, our work is based out of the Brooksdale Environmental Centre in south Surrey. Formally an upscale equestrian estate with magnificent heritage buildings, the property includes environmentally sensitive land along the Little Campbell River, which supports a diversity of birds, plants, insects and fish. Nearby is Boundary Bay, the top-rated Important Bird Area (IBA) in Canada. The Centre is a thriving Christian community, welcoming thousands of visitors, volunteers and a fortunate handful of interns every year. Some who come are recent immigrants and those struggling with issues related to low-income. Others are school children on field trips. Still others are those enjoying the Brooksdale Guest house for group and private retreats. The second Saturday of every month is 'Volunteer Day' where folks from the local community join staff and interns in the garden and in habitat restoration projects.

A Rocha is also active in Alberta, Manitoba and Ontario, and runs another Environmental Centre in southern Manitoba. Our Community Garden Network is inspiring community gardeners across the country and our Good Seed Sunday program is helping hundreds of churches throughout Canada give glory to the Creator as they care for His creation.



A ROCHA
Environmental Stewardship

A ROCHA's Five Commitments

Christian Underlying all we do is our biblical faith in the living God, who made the world, loves it and entrusts it to the care of human society.

Conservation We carry out research for the conservation and restoration of the natural world and run environmental education programs for people of all ages.

Community Through our commitment to God, each other and the wider creation, we aim to develop good relationships both within the A Rocha family and in our local communities.

Cross-cultural We draw on the insights and skills of people from diverse cultures, both locally and around the world.

Cooperation We work in partnership with a wide variety of organisations and individuals who share our concerns for a sustainable world.

For more information on A Rocha, including visiting or volunteering at Brooksdale, go to www.arocha.ca

The Mission Fund at Tenth Church supports Queenie Bei of the 3rd Service in her work with A Rocha as the Community Garden Network Coordinator.

Creation Care Study Guide

By Rick Faw of A Rocha

**GOOD
SEED
SUNDAY**

Delivered by A Rocha

SIX MAIN PRINCIPLES

1. God loves all of creation

A description of God's actions and craftsmanship

- i. PS 104:1-6
God's evaluation of 'the work of his hands'
- ii. GEN 1:31; PS 24:1
God's admiration for his creation
- iii. JOB 38:4-13; MATT 6:26-29

"The world...is a whole barrelful of the apples of his eye, ..."
from *The Third Peacock*, by Robert Farrar Capon

2. Creation reveals God

A multi-voiced choir

- i. ROM 1:20
- ii. PS 96:11-13
- iii. PS 19:1-4

"The heavens declare the glory of God"

3. People are an inseparable part of creation

The blessing of creatureliness

- i. GEN 2:7; ECC 3:18-21
 - We share 'creatureliness' with everything that exists
 - we are embedded in, bound up with, the many cycles of the biosphere (air, water, organic matter, etc.)
 - This is NOT a necessary evil to be tolerated, but a glorious part of who we are that should be celebrated
 - Christ, in both his transfigured and resurrected states, had a body
 - we too, will have bodies. (see I Cor 15:40-44, Rom 8:23)

4. People have a special role within and unique responsibilities for creation

The stewardship mandate that goes along with our prominent position

- i. GEN 1:26-28
- ii. PS 8:3-8
 - we are meant to rule over creation, to practice dominion
- iii. GEN 2:15, 19-20
 - But what is the nature of this rule? Three clues:
 - 1) imago dei: as His image bearers we represent God on earth and so our rule should be modelled on his rule
 - 2) Pentateuchal laws: articulate a husbanding of creation

that does not compromise its abundant fruitfulness
3) our first task is 'to work and keep'
(abad) work, serve; translated as ... to work, to do work in it, to till, to cultivate, to dress, to tend, to serve
JOS 24:15

"But as for me and my household, we will serve the LORD"

(shamar) keep, guard; translated as ... to keep it, to care for it, to take care of it, to guard it
NUM 6:24-26

"The LORD bless you, and keep you; The LORD make his face to shine on you, And be gracious to you; The LORD lift up his countenance on you, And give you peace."

5. In our fallen condition, we are alienated from creation

Our rebellion is the root of all forms of alienation

- i. GEN 3:17-19
- ii. HOS 4:1-3

- Our rejection of God compromises the proper relationships we were meant to enjoy with God, each other, and creation so that we no longer live up to our high calling as God's stewards

6. God's plan of salvation includes the restoration and redemption of creation

Christ's redeeming work is all-inclusive

- i. COL 1:15-20 (also JOHN 1:1-14, ACTS 17:24-28, HEBREWS 1:1-3, ROM 8:19-23)
- ii. JOHN 3:16

note: the word 'world' in greek is kosmos (can mean universe, created order)

The scope of God's redemption story included the redemption, restoration and transposition of the entire kosmos

see also REV 11:18, 21:1-3

Conclusion

"In a nutshell, the Bible has this to say about creation: God loves it and uses it to point to himself. He made us an inseparable part of creation: but gave us a special role within it. We have abused our rule, and damaged God's creation. But in his plan of salvation, he will redeem creation along with us, and restore us to our proper place within it."

First Steps To A Greener Footprint

By Matt Humphrey of A Rocha

OK. I get it. The earth is in trouble and I understand the Biblical call to care for Creation. But what can I do? Where do I start?"

The most important actions we take stem from the heart, and in my experience, seldom do 'lists' move our hearts to transformation. So instead of a list, think of what follows as a set of practices which might move our hearts into deeper love for God and for God's world.

Begin in prayer. You might pray, "LORD, how are you calling me to care for your Creation in my day to day life? Where might I begin?"

If you start there, the following suggestions will fall into their appropriate places and you can begin to discern, alongside your family and Church community, the best way forward based on your unique circumstances, gifts, and limitations.

Excerpt from the article *Getting Beyond The To-Dos* by Matt Humphrey, to be published in a special faith and environment edition of The Regent World in May 2013. You can access the newsletter online at:

world.regent-college.edu

Ten At Tenth

Simple steps to care for creation:



Turn off lights when you leave a room.

Aida and Claire Ewing,
6 + 3, Mount Pleasant



Hang clothes to dry.

Sandie and Vic Wong,
Mount Pleasant



Walk to work.

Alison Reinas,
3rd Service



Compost food waste.

Margaret Maciver,
Mount Pleasant



Belong to a car co-op.

Jonathan Hui,
3rd Service



Use public transit.

Moise Cristensen,
Out of the Cold



Shop for local produce at the farmers market.

Claire Perini, Kitsilano



Grow herbs and greens on your window sill.

Kristina Steunenber,
3rd Service



Use energy efficient light bulbs in your home.

Brian Liu,
Kitsilano



Bike to work or school.

Sam Johns, Kitsilano

Tenth Church Goes Green

By Alicia Perez

Tenth Church is committed to practicing creation care both in our community, and in our building. We continue to think creatively about ways we can be better stewards of our resources and the earth. Here is a picture of our current efforts.



Each station provides a green bin for organic and compostable waste, two blue bins-for recyclable paper products and for recyclable drink containers, and a black bin for trash. Food scrap bins have been introduced in the Kitchen.

Green Waste Management

Food scraps recycling is an important part of Vancouver’s strategy to reduce greenhouse gases and organic waste going to the landfill. Almost 40% of the garbage sent to the landfill is naturally compostable materials. Removing these would reduce greenhouse gases equal to taking 10,000 cars off the road. – *The City of Vancouver, on Food Scraps Recycling Program.*

Tenth Church is now participating in a waste management initiative to divert organic and compostable waste from landfills, and provide better solutions for recyclable materials. Waste stations have been introduced in the Upper East Hall, Foyer, and Office spaces of our building. We will continue to introduce these stations in other spaces of our building throughout the year.



Recycled and reduced paper

We have discontinued the use of virgin paper in the printing of our weekly programs and have chosen 100% recycled paper.

We encourage you to share your program with your neighbour, as we reduce the number of programs we print. For those with a smart phone, we have introduced QR scanning codes at both entrances to the Sanctuary. You can download a free QR scanner app and access a mobile friendly program on your phone. As members of our community partner with us in our efforts to reduce, we will decrease the number of programs we print each week.

- 1 We are printing less programs.
- 2 Share a program with your neighbours.
- 3 View online programs via QR codes.
- 4 Recycle your programs.

As you exit the Sanctuary, we encourage you to recycle programs you will no longer use in our blue bins.

Community Garden

Build houses and settle down; plant gardens and eat what they produce-Jeremiah 29:5

Six raised garden beds line the south side of our property, along the 10th Avenue bikeway-a seventh box below is tended by the kids of our church. The garden was created to foster community with our neighbours, to care for the environment, and to grow local, organic food for our meal and shelter programs. A community of gardeners from our Out of the Cold and Oasis ministries lovingly cultivate the gardens whose produce is used to create nourishing meals Monday night and Tuesday mornings. A hand painted wooden sign has been planted in the garden to announce its voted name: The Healing Garden.

THE HEALING GARDEN

To learn more about our garden and to garden with us visit:

tenth.ca/garden

At Tenth Church As It Is In Heaven

By Karen Giesbrecht

While he was performing his miracles with the loaves and fish, or on the number of occasions when he fed his hungry friends, might Jesus have been thinking ahead 2000 years? Today, many of his beloved line up outside churches like Tenth, their bellies aching from lack of food, their feet aching from the long walk to get there, their hands aching from the cold and their hearts aching from the shame of not being able to provide for themselves. Would Jesus have felt hopeful or discouraged with how his people would come to live out their love for him and his creation?

The City of Vancouver recently approved “What feeds us: A Vancouver Food Strategy.” The report lays out a road map to a just and sustainable food system, where, “food production, processing, distribution, consumption, and waste management are integrated to enhance the environmental, economic, social and nutritional well-being of our city and its residents,” (p. 10). This vision aligns closely with the Biblical idea of shalom – the holistic well-being which emerges when humans are in right relationship with our Creator, each other, and the rest of the created world.

Vancouver’s food strategy emphasizes the need to, “improve access to healthy, sustainably produced food particularly for the city’s most vulnerable,” (p. 21), the same people whom Jesus embraced as, “the least of these brothers and sisters of mine,” and asks us to care for them as we would him (Matthew 25:40). In this spirit, we welcome our neighbours to dine with us on Monday nights at Out of the Cold, and on Tuesday mornings at Oasis.

The food strategy recommends specific actions, such as facilitating “the transition from a charitable food model to one based on principles of a just and sustainable food system” (p. 141). The report identifies faith-based groups as key partners for reaching this goal. Churches are recognized as potential spaces for community gardens and kitchens, and sources of committed, compassionate communities of people.

Here at Tenth, we are participating in the transition away from a charitable food model by:

- Planting a garden along the south side of our building so we can include more fresh vegetables in our weekly community meals;
- Exploring ways we can serve healthy and more sustainably-sourced food, including seasonal produce, plant-based proteins, and limiting simple carbohydrates;
- Using ceramic dishes and silverware wherever possible, decreasing the amount of disposable dishes we toss out each week;
- Composting our food waste;
- Dialoguing with organizations like Just Catering to learn how to work with our guests to prepare food, rather than merely serving from behind a table, which reinforces the barrier between those who are included and those who remain on the margins; and
- Starting a Participant Advisory Committee of Oasis guests and volunteers, inviting feedback and seeking ways to improve our meal service.

Learn more about the Vancouver Food Strategy here:

<http://vancouver.ca/files/cov/vancouver-food-strategy-final.PDF>

Tenth Church is also joining with other congregations and Christian groups in Metro Vancouver who are adopting better ways of responding to food insecurity* and hunger. Together we are committing to:

- Improved biodiversity and health of urban and rural lands;
- Eradication of hunger through fair access to affordable food that is safe, nutritious, and culturally appropriate;
- Just wages and conditions for all farmers and workers;
- Strong organizations and collaborations that reduce unneeded duplication and that maximize efficiencies of time and resources for those who provide food, and those who eat it;
- Participation of churches, Christian agencies, and people of faith in local food policy and food security networks;
- Community development initiatives to build participation, knowledge, skills, jobs, and mutually transforming friendships; and
- Person-centered programs that empower all participants by giving them choice and voice, and by focusing on their strengths.

We take our cue from God’s actions as Creator and Redeemer. God created a world of abundance, and places intrinsic value on it by sustaining it, intending there to be food enough for all. As stewards of God’s creation, we are to treat it with God’s own values and intentions. Jesus sets the example for us in our central ritual, the Eucharist, often called Communion or The Lord’s Supper. With this meal we take in afresh the Creator’s mercy and grace, which sustains us and re-forms us as individuals-in-community. It is a repeated demonstration that holistic well-being is a shared experience, connecting us to cultures and people of faith all around the world and across the centuries. It also reminds us that food is ultimately a blessing, a gift from the abundance of God that yields resilience, thankfulness, and celebration.

[*Food Insecurity is defined as “limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways” (Dietitians of Canada, 2005)]

Learn more about the Christian Community Food Network here:

<http://www.cglf.ca/food-objectives>

Living Lighter

10 Principles For Eating Lighter

By A Rocha

Here are our top ten principles to start eating lighter:

1 Shop LOAF!

Start buying all your food according to LOAF principles: Local, Organic, Animal-friendly, Fairly-traded. Where there's a hard choice, the advice is to go for local first. When you support local co-ops, farmers markets, etc. you reduce the distance your food migrates and the amount of fuel and packaging it takes to feed your family. Find local sources for eggs, honey, meat, and produce. Try to increase your organic food purchases by at least 10 percent.

2 Shop seasonally

Not only will the fruits and vegetables be fresher when you buy what's in season, you'll also support local economies and reduce harmful emissions. Learn more at

www.eattheseasons.com

3 Shop efficiently

Shop from a grocery list and avoid impulse purchases. Purchase food in bulk when possible, but only what you need and what you will use!

4 Grow your own

Grow some vegetables in your garden or on a window ledge, or start an allotment. Home-grown produce will taste fabulous and is much better than store bought!

5 Pay attention to packaging & bags

Buy in bulk, bring your own bags, and avoid individually wrapped items. Purchase cloth grocery bags and use them in place of paper or plastic. Avoid food packaged in containers that cannot be recycled.

Eating more ethically can feel like a minefield, so start *small*, and start *simple*. Begin by eating healthier, eating less, wasting less, and cooking from fresh ingredients. Eat local and seasonal produce, and best of all grow your own where you can. While free-range or organic meat can be more expensive, you will enjoy it more, and you can always eat meat less often, or eat smaller portions with more vegetables. Whatever you do, don't stop enjoying the goodness of food!

Remember that every mouthful is a gift of God's grace, and good food is a celebration of God's creation and human creativity. Give thanks to God before eating, and try to imagine the places and people that have prepared what you are eating.

6

Eat less meat and processed food

The vast majority of meat that Canadians eat is factory farmed. Factory-farmed meat is harmful to the planet, unkind to God's creatures, and full of unhealthy antibiotics, hormones, and bacteria. Eat more vegetarian meals, and when you do eat meat consider buying free-range chicken and "grass-finished" beef.

7

Eat at home

Cooking at home does not have to be difficult or time consuming, and the payoff is big: fresh ingredients, less processed food, healthier eating, and more time together as a family.

8

Save and reuse leftovers

Instead of throwing leftovers away, save and freeze them if possible, and then eat or reuse in other meals. Compost food scraps to significantly reduce household waste.

9

Share!

Share your table with others, share any produce from home vegetable gardens, or share your time and volunteer at a soup kitchen or food redistribution centre.

10

Water

Stop drinking bottled water and buy a filter instead.

Fresh And In Season

The David Suzuki Foundation's Nature's Challenge lists eating locally as one of the top 10 things you do to reduce your global footprint. Local food is better for the environment, better for your family and community, and better for the local economy.

Visit getlocalbc.org for more info.

January



Fruit: Kiwi

Vegetables: Savoy + Red Cabbage, Carrots, Kale, Leeks, Red + Yellow Onions, Parsnips

April



Vegetables: Asparagus, Kale, Radishes, Rhubarb, Salad Greens, Spinach

July



Fruit: Apricots, Blackberries, Cherries, Currants, Gooseberries, Nectarines, Raspberries, Saskatoon Berries, Strawberries

Vegetables: Beans, Beets, Broccoli, Carrots, Cauliflower, Celery, Swiss Chard, Corn, Fennel, Kale, Leeks, Lettuce, Mustard Greens, Green Onion, Potatoes, White Potatoes, Radishes, Rhubarb, Salad Greens, Spinach, Summer Squash, Tomatoes, Turnips, Zucchini

October



Fruit: Apples, Cranberries, Kiwi, Pears, Quince

Vegetables: Artichokes, Beets, Broccoli, Brussel Sprouts, Green Cabbage, Savoy + Red Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Corn, Cucumbers, Fennel, Garlic, Kale, Leeks, Lettuce, Mustard Green, Red + Yellow Onions, Parsnips, Peppers, Red Potatoes, Russet Potatoes, Yellow Potatoes, White Potatoes, Pumpkin, Radishes, Rutabagas, Salad Greens, Spinach, Winter Squash, Tomatoes, Turnips, Zucchini

February



Vegetables: Kale, Leeks, Red + Yellow Onions, Parsnips

May



Vegetables: Asparagus, Swiss Chard, Kale, Mustard Greens, Green Onion, Peas, Potatoes, Radishes, Rhubarb, Salad Greens, Spinach, Turnips

August



Fruit: Apples, Apricots, Blackberries, Cherries, Melons, Nectarines, Peaches, Pears, Plums, Prunes, Raspberries, Strawberries

Vegetables: Artichokes, Beans, Beets, Broccoli, Green Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Corn, Cucumbers, Fennel, Garlic, Kale, Leeks, Lettuce, Mustard Greens, Green Onion, Red + Yellow Onions, Parsnips, Peppers, Red Potatoes, Russet Potatoes, Yellow Potatoes, White Potatoes, Radishes, Rhubarb, Rutabagas, Salad Greens, Shallots, Spinach, Summer Squash, Tomatoes, Turnips, Zucchini

November



Fruit: Apples, Kiwi, Pears, Quince

Vegetables: Beets, Broccoli, Brussel Sprouts, Green Cabbage, Carrots, Cauliflower, Swiss Chard, Kale, Leeks, Lettuce, Mustard Greens, Red + Yellow Onions, Parsnips, Red Potatoes, Russet Potatoes, Yellow Potatoes, White Potatoes, Pumpkin, Radishes, Rutabagas, Salad Greens, Winter Squash, Turnips

March



Vegetables: Kale, Red + Yellow Onions

June



Fruit: Gooseberries, Saskatoon Berries, Strawberries

Vegetables: Beets, Broccoli, Carrots, Cauliflower, Celery, Swiss Chard, Fennel, Kale, Lettuce, Mustard Greens, Green Onion, Peas, Potatoes, Radishes, Rhubarb, Salad Greens, Spinach, Summer Squash, Turnips, Zucchini

September



Fruit: Apples, Blueberries, Cranberries, Grapes, Melons, Pears, Plums, Prunes, Strawberries

Vegetables: Artichokes, Beets, Broccoli, Brussel Sprouts, Green Cabbage, Savoy + Red Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Corn, Cucumbers, Fennel, Garlic, Kale, Leeks, Lettuce, Mustard Green, Green Onion, Red + Yellow Onions, Parsnips, Peppers, Red Potatoes, Russet Potatoes, Yellow Potatoes, White Potatoes, Pumpkin, Radishes, Rutabagas, Salad Greens, Spinach, Winter Squash, Tomatoes, Turnips, Zucchini

December



Fruit: Apples, Kiwi, Pears

Vegetables: Beets, Brussel Sprouts, Green Cabbage, Savoy + Red Cabbage, Carrots, Kale, Leeks, Red + Yellow Onions, Parsnips, Red Potatoes, Russet Potatoes, Yellow Potatoes, White Potatoes, Rutabagas, Winter Squash, Turnips