



Eco-tips October 2025

Healthy and sustainable food

How do we make good choices about choosing, consuming and enjoying food as God's representatives?

Food is an important part of celebration and hospitality as well as a daily essential and a good diet keeps our bodies healthy and improves our sense of well-being. At harvest time we celebrate the gifts of food and drink.

A healthy diet is essentially varied and the more plant products you eat the better for you and for the environment. It takes much less natural resources and agro-chemicals to produce plant protein than to produce meat using plant proteins. Beside this, ruminants like cattle and sheep emit substantial quantities of methane, a greenhouse gas several times more harmful than CO₂. A recommended choice to start with would be to cut down on meat in the diet.

Cooking by grilling, steaming, poaching or boiling is better than frying unless air frying. Pressure and steam cookers can conserve energy. Salads and fresh produce avoids nutrients lost in cooking. Measuring the water needed to cook or make drinks conserves energy. Using lids traps heat.

The organisation Green Christian devised a handy acronym to highlight some of the aspects of food we should consider as 'L.O.A.F.' :

L = Locally produced, O = Organic, A = Animal Friendly, F = Fairly traded.

You can grow your own food locally and organically in your garden or on an allotment. Alternatively, you can choose an organic veggie box. You can choose an 'Oddbox' which stops food going to waste but may not be organic. Grace and Flavour sell organic veg and fruit midday on Saturdays and there is a local monthly farmers market in Ripley. Organically grown food is better for wildlife and biodiversity as well as the health of the soil, so it is more sustainable!

Animal friendly products are always free range. You can ask your butcher questions as to how the meat is sourced.

For fish and seafood eaters we recommend looking out for the blue label of the Marine Stewardship Council, which certifies sustainable seafood production.

Fair Trade products are now available in church but can be found in supermarkets, too. See last month's Eco-tips.

It is important to seek God over the food we eat and the choices we make, but most of all to thank Him for the wonderful array of food we can all enjoy!