

## Food and Waste Guidelines and Goals

Caring for the earth is a religious value, a moral responsibility and central to Kehila Chadasha's vision of *tikkun olam*. Getting food to our tables eats up 10 percent of the total U.S. energy budget, uses 50 percent of U.S. land, and swallows 80 percent of freshwater consumed in the United States. Yet, 40 percent of food in the United States today goes uneaten. The following guidelines are intended to reduce waste, and promote environmentally sustainable practices at Kehila sponsored events and in our daily lives. The Green Committee is available as a resource to the community and its many committees to help turn these practices into action.

1. Serve vegetarian choices. They require less energy, land and water to produce than products in a meat-based diet.
2. Buy seasonal, fresh food from local producers and farmer's markets. This benefits the local community and local economy while supporting the environment by enriching the soil, protecting air and water quality and minimizing energy consumption.
3. Make organic food purchases. Organic products are grown without toxic chemicals, and reduce pollution from pesticides. They also help build strong soil and protect and conserve our water resources.
4. Purchase wild caught sustainable fish with scales and fins. Avoid fish like Atlantic cod, haddock and grouper that are overfished and/or farmed in ways that harm other marine species or the environment.
5. Purchase fair trade, rainforest friendly products including coffee. Fair trade or fair prices paid to producers in developing countries play an important role in protecting forests, with ripple effects in preventing global climate change and preserving biodiversity.
6. Inform members at community events about the food choices with tent cards that indicate the content of a dish and whether it is organic, locally sourced etc.
7. Move toward use of reusable/recyclable flatware, drinking glasses, tablecloths, plates, and Kiddush cups.
8. Purchase 7-10 inch plates instead of the standard 12-inch to reduce food waste and promote healthier eating.
9. Provide recycling bins for plastic cans, bottles and plastic flatware and for items that can be composted.
10. Avoid Styrofoam products. Styrofoam is hard to recycle, toxic when degrading and when it breaks down dissolves into tiny bits that end up polluting our waterways and oceans.
11. Separate vegetable food waste in an effort to compost it. Composting saves money, resources, improves the soil and reduces impact on the environment by sending less waste to landfills.
12. Buy in bulk to save energy and money.