

# TEN COMMANDMENTS OF FOOD



I.

Give thanks for the food you eat.



II.

Eat food grown as close as possible to where you live.



III.

Strive for all people to have knowledge about and access to affordable, nutritious food.



IV.

Eat mindfully and in moderation.



V.

Do not waste food.



VI.

Be grateful to those who grow and prepare food for your table.



VII.

Support fair wages for farmworkers, farmers and food workers.



VIII.

Reduce the environmental damage of land, water and air from food production and the food system.



IX.

Protect the biodiversity of seeds, soils, ecosystems and the cultures of food producers.



X.

Rejoice and share the sacred gift of food with all.



[www.oikoumene.org/foodweek](http://www.oikoumene.org/foodweek)

Photos: Paul Jeffrey, Mike Garcia, Nicole Benz, Sean Hawkey, Armin Paasch, Celestine Ngulube, WCC-EAA | Design: Nicole Benz

Food for Life 



World Council of Churches

## Seven Prayers for Food Week of Action

From *Prayers at Mealtimes, The Book of Common Worship, 2018, page 908-909, 623*

From a historical perspective bread was a powerful symbol of God's physical provision for God's people in the Old Testament. This reference however encourages us to make all our needs known to God in prayer. As we enter this conversation and communion with God, we see specific answers to our prayers, even when they aren't the ones we may have sought. The Presbyterian Hunger Program invites you to use these Prayers at Mealtimes\* during this Food Week of Action to ask for our physical and spiritual daily bread.

