## TEN COMMANDMENTS OF FOOD



Give thanks for the food you eat.



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



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



Eat mindfully and in moderation.



Do not waste food.



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



Support fair wages for farmworkers, farmers and food workers.



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



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



Rejoice and share the sacred gift of food with all.



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



## **Seven Prayers for Food Week of Action**

From Prayers at Mealtime, 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 Mealtime\* during this Food Week of Action to ask for our physical and spiritual daily bread.

God of grace, sustain our bodies with this food, our hearts with true friendship and our souls with your truth, for

Christ's sake. Amen.

Give us grateful hearts,
O God, for all your mercies,
and make us mindful of
the needs of others;
through Jesus Christ,
our Lord.
Amen.

Blessed are you, Lord.
You have fed us from our earliest
days; you give food to every living
creature. Fill our hearts with joy and
delight. Give us what we need and
enough to spare for works of
mercy in honor of Christ Jesus
our Lord. Amen.

Holy God, we thank you for home, family, and friends. May your love be with us as we break bread in Jesus' name.

Amen.

Creator of the Universe,
you give us this gift of food to
nourish us and give us life.
Bless this food that you have made
and human hands have prepared.
May it satisfy our hunger,
and in sharing it together
may we come closer to
one another. Amen

Blessed are you,
O Lord our God, ruler of the
universe, for you give us food to
sustain our lives and make our
hearts glad. Amen.

For health and strength and daily food, we praise your name, O Lord. Amen