

MINDFUL EATING TEAM

Submitted by Co-Chairs Cathy Muha and Colleen Crawley

The Mindful Eating Team seeks to advocate for human health and animal welfare and promote equitable food systems that sustain the environment, alleviate hunger, and support farm and food workers.

Our programs challenge us to understand how food choices affect the planet and other beings. We promote social justice and environmental issues locally and beyond. We search for truth in love, never dictating but encouraging exploration of how our values inform our food choices. The inherent worth and dignity of every being underlies our work, and we recognize food's impact on the environment and its role in the interdependent web of all existence.

Members in addition to co-chairs Cathy and Colleen are Guala Lauzzana, Connie McGuire, Merrill Crockett, Ruth Vail, Eileen Wright, Sheila Sanders and Mark Sanderson.

Activities

Our weekly Social Hall table has monthly themes; we provide information and opportunities to sign up for activities. On first Sundays we feature local, healthy treats, and during summer we offer Produce Sharing.

Our website: <http://uuaa.org/social-justice/324-me-home-page>

Our FACEBOOK page: <https://www.facebook.com/MindfulEatingUUAA/>.

Our bi-weekly newsletter has 600 subscribers.

Other activities:

- Veg UUAA hosts a bi-monthly Plant Friendly Family Potluck at church
- Two successful panel discussions at the AADL: Farms and Open Space; Incarcerated Women and Youth Find Purpose in Gardening
- Food Gatherers Farm Project, working with neighbor Farmer Bill Schmid to raise and donate over 3,700 pounds of fresh produce and \$3,915.
- Friday Fun Night, showing the film "Wasted: The Story of Food Waste"
- UUAA Auction dinner, raising \$600

Future Plans, Goals

Our goal remains to find creative ways to carry out our Mission:

- Hosting a Regenerative Agriculture panel discussion
- Farm Project's 8th season
- Contributing an Auction dinner
- Educating and raising awareness of issues at weekly table
- Continuing to grow core group membership