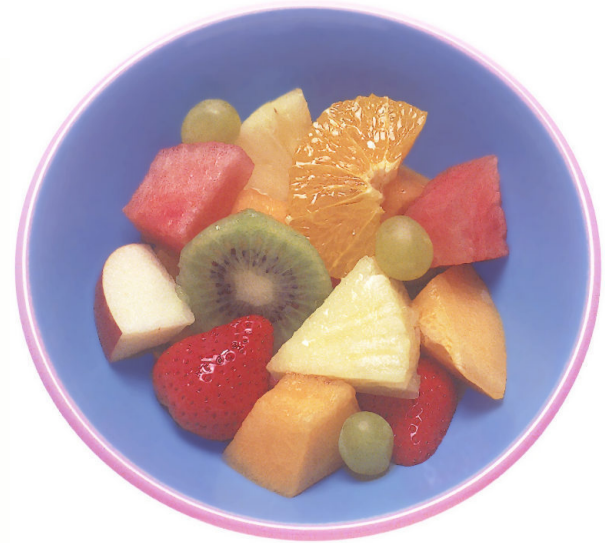
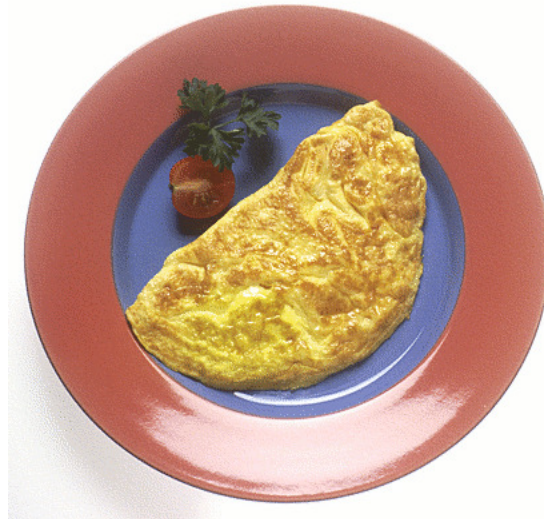
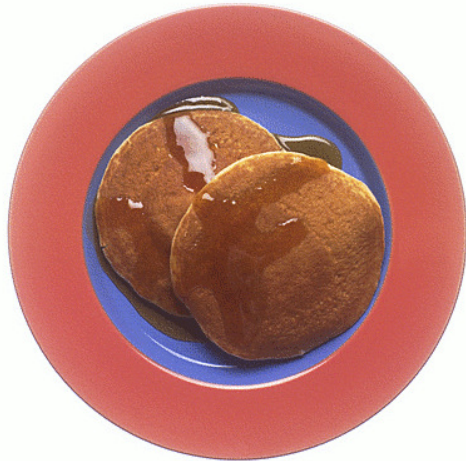
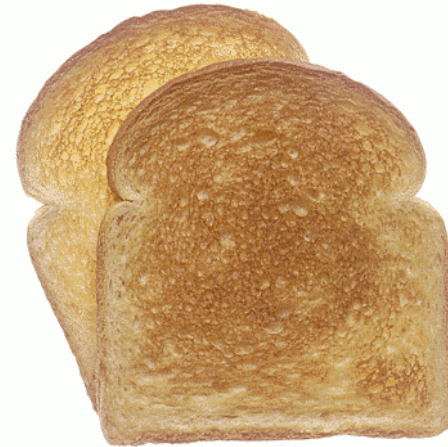


Tzedek – Climate Week

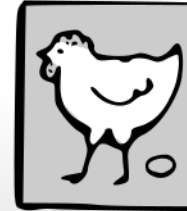
Local and seasonal food



What did you have for breakfast?



What you're really eating...



Local and seasonal food

- Why is it important to think about where our food comes from?
- Can anyone think of a benefit of eating food that is grown nearby them?
- What about a benefit of eating food that is in season?
- Jews have been granted everything that they might ever need – so long as they make use of the land given to them.

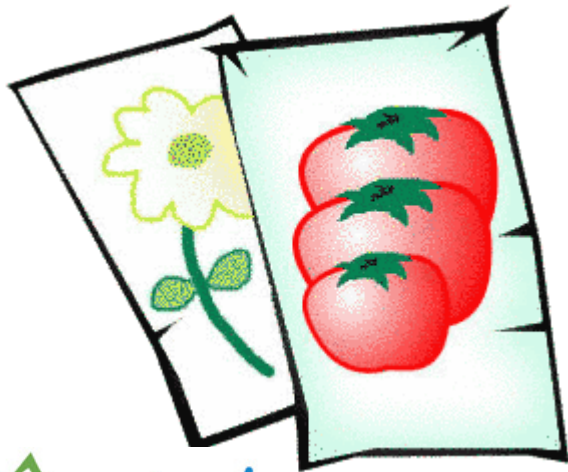
What does Judaism say?

Deuteronomy 8:7-10

For the Lord your God is bringing you into a good land, a land with streams and springs and fountains issuing from plain and hill; a land of wheat and barley, of vines, figs, and pomegranates, a land of olive trees and honey; a land where you may eat food without stint, where you will lack nothing; a land whose rocks are iron and from whose hills you can mine copper. When you have eaten your fill, give thanks to the Lord your God for the good land which He has given you.

כִּי יִקְוֶה אֶל הַיַּבֵּשׁ מִבְּיַבֵּשׁ אֶל אֶרֶץ טוֹבָה אֶרֶץ נַחְלֵי מַיִם עֵינֹת וַתְּהִי מֵת יִצְאִים בַּבִּקְעָה
וּבְהָרִ:
אֶרֶץ חֹטֶה וְשֹׁעֵרָה וְגִפְנִים וַתְּאֲנֶה וְרִמּוֹן אֶרֶץ זֵית שֶׁמֶן וְדָבָשׁ:
אֶרֶץ אֲשֶׁר לֹא בְּמַסְכֵּנֹת תֹּאכַל בָּהּ לֶחֶם לֹא תַחְסֹר כִּי לֹא בָּהּ אֶרֶץ אֲשֶׁר אֲבֹנֶיהָ בְּרִזָּל
וּמִהַרְרֵיהָ תַחֲצֹב נְחֹשֶׁת:
וְאָכַלְתָּ וְשִׂבַעְתָּ וּבֵרַכְתָּ אֶת יְיָ וְקִוִּיתָ אֶל הַיַּבֵּשׁ עַל הָאֶרֶץ הַטּוֹבָה אֲשֶׁר נָתַן לָךְ:

How does it link to Climate Week?



What's good to eat and when?!

- It can be tricky to know and remember what is in season
- For the most part:
 - Spring – green vegetables
 - Summer – fruits and berries
 - Autumn – squash, pumpkin, apples
 - Winter – carrots, potatoes, cabbage



What can you do?

- Support local greengrocers and allotment growers – vegetables are often much cheaper and taste better!
- Start a vegetable patch in your garden at home, even if you don't have a garden you can grow plants in pots (herbs, tomatoes, chillies)
- Could you start a school allotment? The produce grown can be used in home-ec classes.
- Ask your parents if you can go with on the weekly shop so you can have a say in the decision making