



Navigating Sustainable Food

with Andrew & Claire Head

- So who are we anyway? A bit about us...
- What does God have to say on this? Setting the scene and the route of our passion.
- Farming practices – not all are equal!
- Some straight talking and myth busting.
- Don't panic!

Genesis 9 v 3

**Everything that lives and moves about will be food for you.
Just as I gave you green plants, I now give you everything.**

Revelation 11 v 18

**“the time has come for judging the dead, and for rewarding the prophets
and your people who revere your name, both great and small –
*and for destroying those who destroy the earth”***

We all need a
farmer ..
Three times a
day.



Sustainability of your
food =
the farming system you
buy into

God's Creation IS biodiversity!

Genesis 1

²⁰ And God said, "Let the water teem with living creatures, and let birds fly above the earth across the vault of the sky." ²¹ So God created the great creatures of the sea and every living thing with which the water teems and that moves about in it, according to their kinds, and every winged bird according to its kind. And God saw that it was good. ²² God blessed them and said, "Be fruitful and increase in number and fill the water in the seas, and let the birds increase on the earth." ²³ And there was evening, and there was morning—the fifth day.

²⁴ And God said, "Let the land produce living creatures according to their kinds: the livestock, the creatures that move along the ground, and the wild animals, each according to its kind." And it was so. ²⁵ God made the wild animals according to their kinds, the livestock according to their kinds, and all the creatures that move along the ground according to their kinds. And God saw that it was good.



I'm all ears!

The 3 types of farming are ...

- Factory/ intensive farming systems,
- Conventional agriculture,
- Agroecological/Regenerative farming under which the organic system sits.







Sustainability of your
food =
the farming system you
buy into





Quote from a BVA report 15 October 2019:

“Cattle and sheep are not the enemy – instead it’s high-yield, high-concentrate (maize, soy and cereal) production systems, which are driving humanity towards the precipice. Benefits under the new GWP report, are gained through well-managed grass-based agriculture; by a diverse patchwork of rural businesses, and the restoration and maintenance of rural economies. We can still eat meat and dairy, as part of a new era diet that includes greater nutritional diversity, but also restore natural balances on all farm land”

So – how can I be more sustainable in my food choices?

Don't waste food - although food grown sustainably can be more expensive, food waste is a massive issue and if it were priced more realistically we would treat it with greater respect!

Be aware – food labelling can be unclear and misleading. Do your own research – don't take news articles at face value – it is always more complicated than it seems!

All non organic fruit, veg and grains are sprayed, or can't prove they aren't! Products are rarely sprayed only once – cocktail effect.

Avoid – highly processed food. It is usually made with unsustainable, poor quality, cheap ingredients, lots of sugar and salt, unhealthy, POOR VALUE FOR MONEY!

Grains for bread conventionally grown are sprayed 6 weeks before harvest, there are residual chemicals which will be eaten. Also the Chorley Wood system for raising bread uses chemicals and enzymes to make it rise super fast. Highly processed system.

*If it is a choice you can make, buy food that is grown in a sustainable way – a really easy way to do this is to look for **organic certification** – Soil Association or Organic Farmers & Growers. Each farm is inspected in their practices, across the world.*

A simple way to have a big impact, even if it is just one part of your food choices.

Buy British – if organic is one step too far, at least try to support British Farmers. We have the highest welfare in the world for animals, chemical use is regulated and for the workers there are wage standards, conditions and protections, pensions.

“Cheap” food is always paid for somewhere by animals, humans or the planet – there is no such thing as a free lunch!

For more information:

Agricology



Soil Association



Sustainable Food Trust



Organic Research Centre



Soil Food Web, Elaine Ingham



Acts 2 V46/47 msg They followed a daily discipline of worship in the Temple followed by meals at home, ***every meal a celebration***, exuberant and joyful, as they praised God. People in general liked what they saw. Every day their number grew as God added those who were saved”.

