

# MENU PLAN

## A SUGGESTED CONGREGATIONAL STUDY PLAN

**SUBSTITUTIONS ENCOURAGED--  
SEE LIST OF ALTERNATE DISHES  
ON PAGE 12.**



### 11.08

**Organize an Ethical Eating Task Force** in consultation with your congregation's leaders, in November 2008. This Task Force will organize and implement events that gain the participation of the larger group.

**Stir congregational interest** by informally encouraging members to read the Winter 2008 *UUWorld* article on Ethical Eating, "Dinner Dilemmas" (pages 30-32 of that magazine, or see [www.uuworld.org](http://www.uuworld.org)).

**Invite your minister or another speaker to conduct a service** in early January on Ethical Eating, knowing you'll be joining countless other congregations in doing so (see the Worship Guide for this Resource Guide, to be released December 2008).

**Invite the Ethical Eating Task Force to read about "Compassionate Communication"** before its December meeting (see page 19).

### 12.08

**Agree on plans for January and February '09** at the December 2008 meeting of the Task Force, and plan to hit the ground running. Why get organized so early? Because the Association wants feedback from your congregation by March 1, 2009, which it will use to help plan events at General Assembly in summer of 2009 (see The CSAI Process).

**Discuss Compassionate Communication** as the Ethical Eating Task Force.

**Confirm plans for the January worship service.**

### 1.09

**Enjoy a worship service on the theme of Ethical Eating: Food and Environmental Justice on January 4, 11, or 18.** A topical worship service is one of the best ways to generate broad and deep participation for every other event you plan. Include a variety of voices and perspectives if possible, with the goal of engaging different people in the discussion. Know that other UU congregations across the land are holding their own services on the same topic at about the same time! (see the forthcoming *Worship Guide* for Ethical Eating: Food and Environmental Justice).

**Potluck and Movie.** Late January. Invite congregation members to bring dishes they consider ethical to the potluck. At tables, people discuss their current ideas and questions about "ethical eating," and how their thoughts influenced the dish they brought. Dinner is followed by movie and discussion. You will find an excellent, adaptable guide for *organizing* a successful movie night at <http://www.tribeofheart.org/tohtml/guide2.htm> and an adaptable movie *discussion* guide at <http://www.tribeofheart.org/pages-guides/discussion.htm>. Invite all participants to read a selection chosen by the Ethical Eating Task Force for February's discussion.

[www.tribeofheart.org/tohtml/guide2.htm](http://www.tribeofheart.org/tohtml/guide2.htm) and an adaptable movie *discussion* guide at <http://www.tribeofheart.org/pages-guides/discussion.htm>. Invite all participants to read a selection chosen by the Ethical Eating Task Force for February's discussion.

#### Suggested Movie:

- Track A (Ethical Eating): *Is Free Trade Fair Trade?* (see Trade).
- Track B (Human Rights): Van Jones's Ware Lecture. (see Environmental Justice).
- Track C (Animal Welfare): *The Emotional World of Farm Animals* (see Animal Rights and Human Responsibilities).
- Track D (Environmental Stewardship): *King Corn* (see Climate Change and Environmental Degradation).

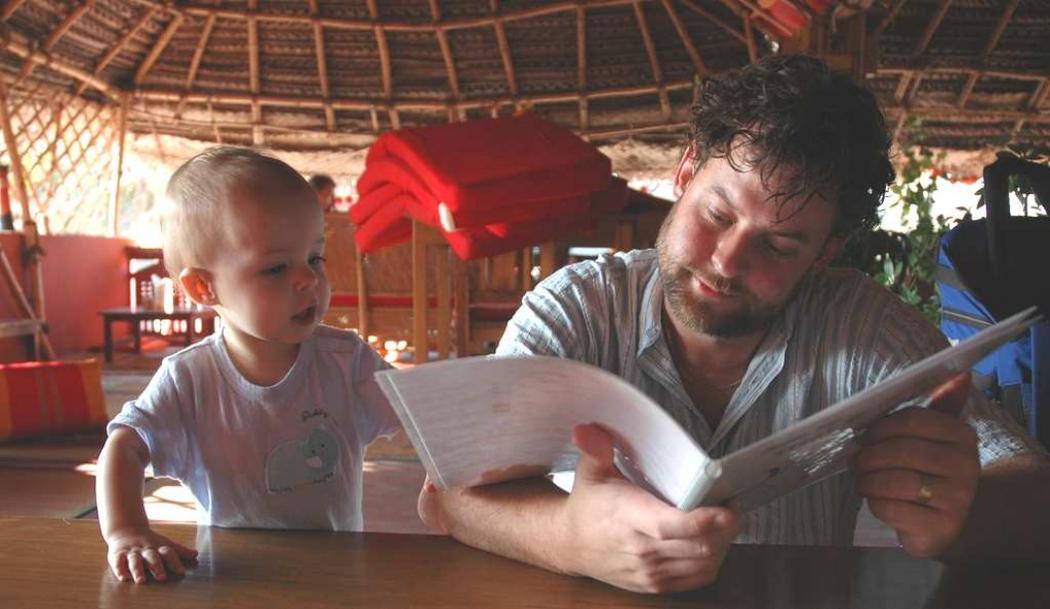
### 2.09

**Book or Article Discussion.** Participants talk about the reading material announced in January. For suggestions on how to organize such a discussion, see [www.readinggroupchoices.com/readinggroups/index.cfm](http://www.readinggroupchoices.com/readinggroups/index.cfm). A scribe records feedback to send to the UUA Commission on Social Witness.

#### Suggested Reading:

- Track A (Ethical Eating): Singer & Mason, *The Ethics of What We Eat* (see Climate Change and Environmental Degradation).
- Track B (Human Rights): [Decarlo](#), *Fair Trade: A Beginner's Guide* (see Trade).
- Track C (Animal Welfare): Pollan, "An Animal's Place," & Meyers, "Hard to Swallow." See Animal Rights and Human Responsibilities).
- Track D (Environmental Stewardship): Jacobson, Michael F. *et. al. Six Arguments for a Greener Diet* (see Climate Change and Environmental Degradation).

**Panel Discussion Speakers Recruitment** by Ethical Eating Task Force, for a morning or evening panel discussion with multiple presenters for a balanced perspective, in April 2009. Panelists might be from your congregation, from a local university or house of worship, or from the health or food industries: nutritionists, dieticians, small farmers, farm workers, commercial fishermen and women, restaurant and grocery workers. See Congregational and Community Resources and UU and Interfaith Programs and Organizations for further speaker ideas.



# MENU PLAN, CONT'D

## 3.09

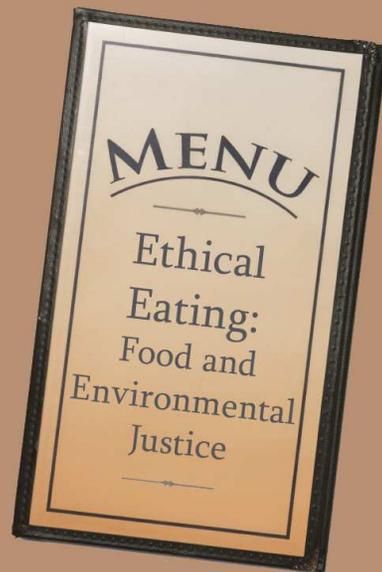
**By March 1 at latest**, the congregation's Ethical Task Force submits comments on Ethical Eating: Food and Environmental Justice to the UUA Commission on Social Witness. (See [www.uua.org/socialjustice/issuesprocess/currentissues/55648.shtml](http://www.uua.org/socialjustice/issuesprocess/currentissues/55648.shtml)).

**Book or Article Discussion, continued.** A second gathering continues the discussion begun in February. Let congregants know they are welcome to attend, even if they could not attend the first session.

### Panel Discussion Confirmation and Publicity.

The Ethical Eating Task Force confirms the recruitment of speakers and facilitator for next month's panel discussion, and publicizes the event.

### Begin to plan May field trip.



## 4.09

**Panel discussion.** A skilled facilitator will help balance the discussion and honor the various perspectives articulated. Leave plenty of time for questions.

### Confirm and publicize May field trip.

## 5.09

**Field Trip to Community Site.** (To discover possible sites in your community, see Congregational and Community Resources).

Suggested Site:

- Track A (Ethical Eating): Community Garden
- Track B (Human Rights): Food Bank
- Track C (Animal Welfare): Farmed Animal Sanctuary
- Track D (Environmental Stewardship): Organic Farm

## 6.09-8.09

**Planning for Autumn 2009. Break.**

## 9.09

**Second Movie Night.**

**Covenant Groups organized and publicized** by Ethical Eating Task Force in conversation with congregational leadership to explore "Ethical Eating: Food and Environmental Justice." As a service project, the covenant group could plan a way to bring their discoveries to the congregation as

a whole, through a Sunday service or special event. Consider using the "Questions for Individual or Group Reflection" throughout this Resource Guide as conversation starters. For information on organizing covenant groups, see: [www.uua.org/leaders/leaderslibrary/smallgroup/21822.shtml](http://www.uua.org/leaders/leaderslibrary/smallgroup/21822.shtml), [www.uua.org/leaders/leaderslibrary/leaderslibrary/45430.shtml](http://www.uua.org/leaders/leaderslibrary/leaderslibrary/45430.shtml), and [www.smallgroupministry.net](http://www.smallgroupministry.net).

## 10.09

**Covenant Groups launch.**

**Ethical Eating Task Force publicizes events** for November and December.

## 11.09

**Book or Article Discussion** (see "2.09" in this Menu Plan for web resource). By now, the group will have developed a clear interest and direction; choose materials accordingly.

Speaker Recruitment for Panel Discussion by Ethical Eating Task Force, for a morning or evening event in April 2009 (see Congregational and Community Resources and UU and Interfaith Programs and Organizations for speaker ideas).

## 12.09

**Field**

**Trip to Second Community Site.** (For ways to discover appropriate sites in your community, see Congregational and Community Resources).

**Speaker Confirmation.** The Ethical Eating Task Force confirms the recruitment of speaker for next month's event.

## 1.10

**Speaker and discussion.**

## 2.10

**Workshop and discussion:** "What Does our Conscience Say about Ethical Eating: Food and Environmental Justice? What shall we tell the UUA? And What Will We Do About It?"

## 3.10

**By March 1 at latest**, the congregation's Ethical Task Force submits comments on Ethical Eating: Food and Environmental Justice to the UUA Commission on Social Witness. (See [www.uua.org/socialjustice/issuesprocess/currentissues/55648.shtml](http://www.uua.org/socialjustice/issuesprocess/currentissues/55648.shtml)).

## 4.10

**Covenant Groups and programs continue.**



# Substitutions and Additions

**Offer a workshop or session on Compassionate Communication** to improve the congregation's ability to effectively address complex and personal issues of ethical eating. See pg 19.

**Organize a group in your congregation to take the "Food Stamp Challenge."** For one week, each person must spend no more than \$21 per week on food (or \$1 per meal), the average food stamp benefit received in the US. Participants may keep a journal during the experience and share their experiences with each other and with the congregation. See <<http://foodstampchallenge.typepad.com/>> <[http://www.frac.org/pdf/FSC\\_Toolkit.pdf](http://www.frac.org/pdf/FSC_Toolkit.pdf)> and <<http://tinyurl.com/6k4jsw>>.



**Work with the UUSC's food-related programs,** such as the Small Farmer Fund, UUSC Coffee Project, or fair trade, workers' rights, living wage, water crisis, climate change, and shareholder accountability programs (page 17).

**Become a pick-up site for a local Community-Supported Agriculture (CSA) farm.** CSAs bring the food-buying public into relationship with farms. Offering your church as a pickup site for weekly food baskets will increase member participation in "Ethical Eating" programs—and expose community members to Unitarian Universalism. Find CSAs in your area by plugging your zip code into <<http://www.localharvest.org/csa/>>.

**Volunteer at, host and/or contribute to local food banks, Meals on Wheels, and soup kitchens.** See page 15.

**Adapt the Menu Plan** (above); create your movie nights, reading groups, worship services, field trips...

**Discover Resources Within Your Own Congregation & Community,** pg 14.

**Provide a workshop on eating disorders, their prevention and treatment.** Research shows that eating disorders disproportionately affect young women and racial and ethnic minorities, and affect 5-10 million US Americans from all ethnic groups. <<http://www.nationaleatingdisorders.org/>>

**Potlucks as Adult Education Opportunities.**

Invite congregants to bring dishes they consider ethical. At tables, people discuss their current ideas and questions about "ethical eating," and how their thoughts influenced the dish they brought. Follow with a movie, a speaker, or representatives from tables reporting the discussion to the full group. (If you've never organized a potluck, ask others what makes a success in your congregation, or see <<http://tinyurl.com/planpotluck>> for tips.) As an alternative, consider a themed potluck, where participants bring specific dishes illustrating food that is locally grown/produced, or from organic farms, or without genetic modifications, or without animal products, or obtained through free trade. You can use the web tools you'll find at <<http://www.luckypotluck.com/>> to organize a potluck where the types of dishes are planned by organizers. Potlucks have just entered the digital age.



**Provide your congregation with health and nutrition education.**

Consider launching a parish nursing program to help. See the *UUWorld* magazine article on parish nursing at <<http://tinyurl.com/parishnurse>>.



**Publicize local farmer's markets, food co-ops, and organic markets and restaurants in the congregation.** Check out <<http://www.localharvest.org>> to find opportunities near your zip code. Locate pick-your-own farms at <<http://www.pickyourown.org>>. Take Religious Education classes there for a field trip. Come back and cook a meal.

**Service and Advocacy.**

Once your beliefs about ethical eating are strongly grounded in empirical data, our common faith, and your ethical commitments, advocate for your beliefs through lobbying or the media. The UUA Advocacy and Witness team produced an excellent, extensive handbook for congregational advocacy, called *Inspired Faith, Effective Action*, available as a pdf document at <<http://tinyurl.com/faithaction>>.

**Work with your Finance Committee**

to responsibly invest church funds in environmentally sound, non-exploitative ways. The UUA Socially Responsible Investing Committee holds workshops at GA on this topic. Research investing locally.

**Go on a field trip.**

See pages 14-15 to find places to go.

**Organize fair trade coffee, tea and cocoa at the coffee hour.**

Work with the relevant parties at your congregation to switch to fair trade coffee, tea, and cocoa. Sell these products as a fundraiser for social justice efforts. For more information check out: <<http://www.equalexchange.com/interfaith>>, which includes a link to the UU Service Committee Coffee Project. Also see <<http://www.divinechocolate.com>>.

**Ask adults to share what they know with the congregation's children** in religious education classes, field trips, an special food parties. Offer children sustainable, healthy snacks during their programs, and let them know where the food comes from. Consider adapting the curriculum *Sacred Food: Sunday School and Group Activities for Youth*, available at <<http://www.ncecojustice.org/resources.html#foodandfarmingresources>>.

**Prepare an "Ethical Eating" cookbook** with local foods representing regional cultures.

**Create a community garden on the congregation's property or in the community.**

Research area community gardens and invite a representative to educate your group about getting started. Involve children and youth. The UU Congregation of Washington County, OR established a community garden in cooperation with Latino-Latina neighbors. The garden included individual plots and a group plot for corn, and the effort featured potlucks with concomitant ESL classes. The UU Fellowship of Falmouth, MA, which originated this Study/Action Issue, has been involved with organic community gardening for six years. Their garden is managed at a local human services center. Much produce is donated to food assistance programs. In April, the garden hosts the town's Earth Day festival. In October, the Rachel Carson Harvest Dinner raises funds for community food banks on Cape Cod. See <<http://tinyurl.com/6gd5en>>.

**Invite youth to serve on the Task Force and to participate in activities, including activities designed especially for youth.**

Ask the youth to educate adults about ethical eating. What aspects of ethical eating do youth know more about than adults? Talk to UUA Office of Youth Ministries staff about programs across the continent. <<http://tinyurl.com/uuyouthoffice>>.

**Stay in touch with District staff and the Commission on Social Witness (CSW) to learn about new resources and what other congregations are doing.** See the CSW website for this CSAI, and the Ethical Eating email list at <<http://tinyurl.com/etheating>>.