

TEN COMMANDMENTS OF FOOD



I. Give thanks for the food you eat.



II.

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



III.

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



IV.

Eat mindfully and in moderation.



V.

Do not waste food.



VI.

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



VII.

Support fair wages for farmworkers, farmers and food workers.



VIII.

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



IX.

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



X.

Rejoice and share the sacred gift of food with all.



www.oikoumene.org/foodweek

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Food for Life 



World Council of Churches