



Green Sanctuary
Unitarian Universalist Church of Davis
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Fall 2006

To the Members and Friends of the UU Church of Davis,

Something good happened when we started to look at the connections between food issues and global warming – we found more, a lot more.

Beyond global warming, there were significant connections with almost every other environmental issue. And beyond the environment, there were more and more connections with major health, social, economic, and political issues. Food is linked to nearly everything we do.

The Food for Thought – *and Action!* Covenant represents a rare opportunity to do something beneficial in multiple areas. We hope you will sign the Covenant and return it by mail or to a Green Sanctuary volunteer at the Green Sanctuary kiosk on a Sunday morning, preferably by November 5.

The following Food for Thought – *and Action!* items are enclosed in this packet:

Food for Thought – *and Action!* Covenant Form
Living Our Values/Food Facts at a Glance
Benefit Yourself and Earth, Too! (both sides)
Action Tips and Resources/Seasonal Availability of Produce in California
Yolo Region Community Supported Agriculture (CSA) Programs (both sides)
Letter including an announcement of a UUCD Congregational Meeting

Thank you for your consideration.

The Green Sanctuary Committee

Co-Chairs: Mary Wind and Judy Moores

Food Subcommittee: Steve Brennan, Kathy Coulter, Tom Jankowski, Judy Moores, Marcy Shannon,
and Mary Wind Consultant: Leisa Huyck Editorial Assistant: Ann Halsted

Up-Coming Green Sanctuary and Food-Related Events

- Sunday, Oct. 1 Home Energy Efficiency Workshop with Steve Brennan, 12:30-2:30 p.m., Library
Healthy Child – Healthy Planet discussion class begins, 12:30-1:30 p.m., Bridgehouse (weekly)
- Sunday, Oct. 8 Riverdog Farm and Pacific Star Farm will have representatives at church after services.
Exploring Deep Ecology discussion class begins, 7-8:30 p.m., Library (2nd and 4th Sundays)
- Tuesday, Oct. 10 Forum on Socially and Environmentally Responsible Investing, 7:30-9 p.m., Library
- Friday, Oct. 13 Davis Muslim's 6th Annual *Iftar* (Ramadan break-fast meal), Davis Senior Center, 6:30 p.m.
We are asked to fast for the day if we like and to bring cans of food to donate to STEAC.
- Sunday, Nov. 5 Congregational Meeting (Agenda includes Resolution concerning Green Sanctuary status.)
- Sunday, Nov. 19 UUCD STEAC Food Drive Weigh-In
- Sunday, Nov. 29 UUCD Service on *The Omnivore's Dilemma* by Michael Pollan (9 and 11 a.m.)



Food for Thought – and Action!

Covenant Form

The _____ household covenants to take the following actions to protect our environment, our community, and our health. Phone () _____ Email _____

I. EAT LESS ANIMAL PROTEIN – BEEF, PORK, LAMB, POULTRY, FISH, EGGS, DAIRY

(Choose one action.)

- I/We will go one day per week without eating any meat or fish.
- I/We already go at least one day a week without eating meat or fish. I/We will increase to ____ days per week.
- I/We are already vegetarian, but will go at least _____ days per week without eating any dairy and egg products.
- I/We are vegans.

2. EAT LOCAL PRODUCE* – SACRAMENTO VALLEY FRUITS AND VEGETABLES

(Choose one action.)

- I/We will eat at least five meals a week that include local fruits or vegetables.
- I/We already eat at least five meals a week that include local produce. I/We will increase to ____ meals a week.
- I/We already eat local produce at least ten meals per week.

3. EAT ORGANIC FOODS **

(Choose one action.)

- I/We will eat at least five meals a week that include organic food.
- I/We already eat at least five meals per week that include organic food. I/We will increase to ____ meals per week.
- I/We already eat organic food in at least ten meals per week.

Date _____ Signature _____

Note: If you do not check all three actions above, please consider one or two – they all help!

CUT OFF AND RETURN THE TOP PORTION to the Church office OR turn it in at the Green Sanctuary “Green Spot” Kiosk on Sunday morning. Keep this portion for your own reference.

Covenant Summary – fill in and keep for your reference. I/We have pledged at least:

1. _____ Number of Meatless Days Per Week
2. _____ Number of Animal Protein-free Days Per Week
3. _____ Number of Meals Per Week That Include Local Fruits and Vegetables
4. _____ Number of Meals Per Week That Include Organic Food

* You can get local produce from a variety of sources: your own home or community garden, farmers’ markets, roadside stands, U-pick farms, food coops, some grocery stores, some restaurants, and community supported agriculture (CSA) programs. CSA participants pay a local farmer up front to receive fresh (usually organic) produce every week. (CSA list enclosed.)

** Examples of organic foods include fruits and vegetables (fresh, frozen, and canned), pasta, salsas, tofu, bread, cereals, milk and dairy products. If you buy meat, eggs, and dairy products, look for California producers who are more mindful of environmental, social and health (human and animal) concerns. These include free-range, hormone-free, antibiotic-free, and vegetarian or grain-fed designations.