

## MINDFUL EATING TEAM (MET)

Submitted by Co-Chairs Guala Lauzzana, Cathy Muha and Colleen Crawley

**Our Mission:** The Mindful Eating Team of UUAA, acting with the denomination's Seven Principles as our guide, inspires and supports the congregation and the wider community to become informed about and advocate for food justice. We promote equitable and sustainable food systems that benefit farm and food workers, human health, animals, plants and the environment.

Through our many activities we address all **five Core Values of UUAA**. Our programs challenge us to understand how our food choices affect the planet and other beings. We promote social justice and environmental issues locally and beyond. We search for truth in love, never dictating but encouraging exploration of how our values inform our food choices. The inherent worth and dignity of every being underlies our work.

We meet the fourth Tuesday of every month. Additional members include Connie McGuire, Merrill Crockett, Ruth Vail, Eileen Wright, and Sheila Sanders.

### Sample Activities

- Weekly Social Hall Table: Information, tasting opportunities and produce sharing
- Website: <http://uuaa.org/social-justice/324-me-home-page>
- FACEBOOK: <https://www.facebook.com/MindfulEatingUUAA/>
- MET Electronic Newsletter: Produced bi-weekly
- Plant Friendly Family Potluck: Hosted bi-monthly by VegUUAA
- Food Gatherers Farm Project: Fourth season working on property of Farmer Bill Schmid
- Fuels and Additives for Human Machines: Forum by Dr. Swaroop Bhojani
- Congregational Garden Tour
- CROP Walk: MET raised \$1,000
- Potlucks: 1) Food Jeopardy game night; 2) Fall Harvest Potluck, featuring Chuck Warpehoski of ICPJ on Food & Justice Campaign
- Meet Your Farmer: Goetz Farms, White Lotus Farms, and Farmer Bill Schmid
- Food Waste Forum: Jane Pacheco of ICPJ
- Stop Food Waste Challenge
- 7<sup>th</sup> grade SGD: Presentation and farm work
- The Other Inconvenient Truth: Ted Talk on agriculture's effect on climate change
- Tofu Cooking Class: With Chef Ming
- Amrita Farm Tour: Permaculture