

MINDFUL EATING TEAM Annual Report 2017-18

Submitted by Co-Chairs Cathy Muha and Colleen Crawley

The Mindful Eating Team seeks to advocate for human health and animal welfare while promoting equitable food systems that sustain the environment, alleviate hunger, and support farm and food workers.

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, and we recognize food's impact on the environment, on human health, and its role in the interdependent web of all existence.

Core group members are co-chairs Cathy and Colleen, and Guala Lauzzana, Connie McGuire, Merrill Crockett, Ruth Vail, Eileen Wright, Sheila Sanders and Claudette Snow.

Activities

We continue to reach out within the congregation and to the wider community with our programs.

- Weekly social hall table with monthly themes where we provide information, opportunities to sign up for activities and occasional local treats.
- Website: <http://uuaa.org/social-justice/324-me-home-page>
- FACEBOOK page: <https://www.facebook.com/MindfulEatingUUAA/>
- Bi-weekly Mindful Eating Newsletter is sent electronically to over 550 people.
- Veg UUAA hosts a vegan potluck at church every other month.
- Advocated for the SNAP program and other aspects of the upcoming Farm Bill, including hosting a panel discussion.
- Completed our sixth season on the Food Gatherers Farm Project, working with our neighbor Farmer Bill Schmid, raising and donating over 3,700 pounds of fresh produce and \$3,500.
- Participated in CROP Walk.
- Our Fall Harvest Potluck featured Stephanie Willette, Ann Arbor Farmers Market Manager.
- Hosted a dinner to benefit the UUAA Auction which raised \$600.

Future Plans, Goals

Our goal remains to find creative ways to carry out our Mission:

- Contributing a fundraising dinner for the Auction.
- Hosting speakers on Juvenile Detention youth gardening/an Ypsilanti farm worked by ex-offenders.
- Offering a Gardening with Kids workshop.
- Maintaining our presence on the Food Gatherers Farm Project.
- Continuing to grow our core group membership.