

MINDFUL EATING TEAM

Submitted by Co-Chairs Cathy Muha and Colleen Crawley

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

Our programs challenge us to understand how food choices affect the planet and other beings. We promote social justice and environmental issues, recognizing food's impact on the planet and its role in the interdependent web of all existence. We search for truth in love, never dictating but encouraging exploration of how values inform food choices. The inherent worth and dignity of every being underlies our work.

Members include co-chairs Cathy and Colleen; Connie McGuire, Merrill Crockett, Ruth Vail, Eileen Wright, Sheila Sanders and Mark Sanderson. In 2019 we lost Guala Lauzzana, beloved longtime member and founder of the Locavores.

Activities

Weekly Social Hall tables provide information about our activities, with a theme each month. On first Sundays we feature local, healthy treats. During summer we offer Produce Sharing.

Website: <http://uuaa.org/social-justice/324-me-home-page>

FACEBOOK: <https://www.facebook.com/MindfulEatingUUA/>.

Newsletter is sent electronically to over 600 people.

Other activities:

- Veg UUA hosted a bi-monthly Plant Friendly Family Potluck.
- Visited Tilian Farm Development Center
- Hosted a talk on Regenerative and Biodynamic Agriculture.
- Raised and donated 2,678 pounds of produce and \$3,500 with the Food Gatherers Farm Project and neighbor Bill Schmid.
- Showed "Banished" at Friday Fun Night, movie showing how black farmers had their land stolen.
- Hosted a dinner for the UUA Auction, raising \$500.

Future Plans, Goals to carry out our Mission:

- Review the Ethical Eating SOC as inspiration for new presentations
- Support Food Gatherers with our 10th season of the Farm Project
- Contribute a fundraising dinner for the Auction
- Educate and raise awareness of issues at our weekly table
- Grow our core group membership