

MINDFUL EATING TEAM ANNUAL REPORT 2020-21

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 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 and its role in the interdependent web of all existence.

Core group members: Co-Chairs Cathy and Colleen; Connie McGuire, Merrill Crockett, Ruth Vail, Eileen Wright, Sheila Saunders, Mark Sanderson, Larry Schweinhart and Sue Schweinhart.

Activities

Website: <http://uuaa.org/social-justice/324-me-home-page> and FACEBOOK page: <https://www.facebook.com/MindfulEatingUUAA/>.

Other:

Met monthly via Zoom. Recent discussions have focused on Zero Waste at UUAA as part of the 20/50 vision's Sustainability work.

Took a socially-distanced, mask-wearing trip to Green Things Farm Collective in September, keeping us informed on how local farmers are doing.

2020 was Season 9 of our Food Gatherers Farm Project. Volunteers worked alongside Farmer Bill Schmid to grow and harvest fresh produce. Almost 4,000 pounds of food and over \$6,600 were donated to Food Gatherers.

Participated on the UU Sustainability Team working with UM student interns.

Began planning activities on the topic of Regenerative Agriculture.

Future Plans, Goals

Our goal remains to find creative ways to carry out our Mission. Specifically, we will:

- Support Food Gatherers with our Farm Project
- Work on Zero Waste with the community and the Sustainability Project with the Climate Action group
- Educate the congregation and wider community on sustainability issues.
- Continue to grow our core group membership