

# Ethical Eating

## Homework

Resources to familiarize yourself with the topic (the links available through the study guide are numerous – let your curiosity guide your choices):

UUA Statement of Conscience Proposal:

<http://www.uua.org/socialjustice/issuesprocess/currentissues/ethicaleating/55648.shtml>

UUA Study Guide:

<http://www.uua.org/documents/washingtonoffice/ethicaleating/studyguide.pdf>

Rev. Trumbore's sermon (when available after delivered November 8th):

<http://www.uumin.org/sam/sermons/Ethical-Eating.pdf>

Exercise:

Food is a very charged issue for most of us. These exercises are suggestions for a way to get deeply connected to the issue of ethical eating. Pick one or more that speak to you as a challenge you are willing to accept.

1. Watch the DVD *Food Inc.* (should be available November 3<sup>rd</sup>) Invite a few of your Soul Matters group over to your house to watch it together or watch it with a group of friends then save time to discuss your reaction to it.
2. Make three columns on a piece of paper. In one column write the foods you currently have decided you will not eat for ethical and/or health reasons. In the next column list some foods that you completely approve of for ethical and/or health reasons and currently consume. In the final column, list the foods you're not sure about whether to eat or not to eat.

Now on a separate sheet of paper, create three columns again. In the first column, one at a time, list the questionable foods or food groups. Use the next two columns, first for pros and second for cons, to list why it would be acceptable to consume that food and why it wouldn't be acceptable to consume that food. If you want to go further, you may wish to research the farming and processing methods used in relation to these foods. You may wish to contact another member of your Soul Matters group to discuss your pros and cons.

Ask yourself if this process has helped you get clearer about whether or not to eat one of your questionable foods or food groups. Are you ready to make a change in your diet? Why? Why not?

3. Eating meditation – Another way to become more deeply attuned to a food is through doing an eating meditation. Here is a good description of how to do it: <http://www.metatronics.net/eat/>