

THE 10 COMMANDMENTS OF FOOD *for kids*

Based on the '10 Commandments of Food' by the World Council of Churches



The Ten Commandments of Food teach us how we can make a difference in our world when it comes to hunger and how people get and use food. Each 'commandment' helps families talk about food - using the Bible to guide us - so that we can find ways to improve people's lives.

1. Give thanks for your food.

"...giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ." Ephesians 5:20

We need food to live. Food gives us energy to play, grow and learn. To produce food, we depend on the sun, the earth, rain, insects to pollinate plants, good soil, farmers and people to prepare food. Let's remember that all things come from God (He made our earth and us) and be thankful for the food we receive!



Take Action!

- Give thanks to God every day for the food we eat.
- Thank the people who prepare our food.
- Respect the food that we eat - the animals and plants.
- Remember those who do not have food to eat.

2. Eat food grown close to where you live.

'...they shall all sit under their own vines and under their own fig trees, and no one shall make them afraid; for the mouth of the Lord of hosts has spoken.' Micah 4:4

There are some great reasons to eat local food! Food that is grown closer to home doesn't have to be transported so far, so it is fresher and tastes better. Buying food from our local market or shop helps support our farmers. Communities and people enjoy life when they share their food and resources with each other - so everyone benefits.



Take Action!

- Find out where your food comes from.
- Choose to buy from local farmers, shops and markets.
- Tell others about the food that is available close to you.
- Consider planting a vegetable garden at home, school or church.

3. Everyone should learn about food & have access to nutritious food.

So Pharaoh said to Joseph, "I hereby put you in charge of the whole land of Egypt." Genesis 41

Joseph was in charge of Egypt's storehouses. It was Joseph's job to make sure the people had enough good food to eat during a time of drought. In the New Testament, the disciples also distributed food to those in need. As Jesus' followers today, let's learn about food and then play our part in helping others to have access to food that is nutritious. No one should be hungry.



Take Action!

- Learn more about food and which foods are good for us.
- Share our food knowledge with others.
- Tell an adult if you see another child is hungry and doesn't have food.
- Find ways to raise money for people who can't buy their own food.



For parents - Let's start a conversation with our little ones and teens

Take time to prepare a meal together and discuss each of these suggested 'food commandments' as a family.

4. Think about the food you eat & eat in moderation

Jesus prayed "Give us each day our daily bread." Matthew 6:11

What is your "daily bread"? What kinds of food are on your plate? Do you eat food that is nutritious (good for you) or do you eat foods that have lots of fats and sugar? In the same way we care for our world, we need to care for our bodies. Our bodies suffer if we overeat or choose to eat less nutritious foods. Too much sugar and fat can cause diabetes, obesity, heart problems and more.



Take Action!

- Find out how different foods affect our bodies.
- Choose to eat nutritious foods with less sugar or fat.
- Try new kinds of healthy food.
- Be mindful when you eat – chew slowly, think about what you are eating, take note of tastes, smell and texture, look at presentation.
- Stop eating when you start to feel full.

5. Don't waste food.

Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. John 6: 11-13

As a child of God, food is a gift from God to be enjoyed and shared. Let's not throw it away or waste it.



Take Action!

- Choose to buy, cook and eat ONLY what you will actually eat.
- Carefully store your leftovers and plan to use them soon.
- Share leftovers with friends or those who are hungry.
- Turn food scraps into compost for your garden.

6. Be grateful to those who grow food & prepare food to eat.

And Jesus sent Peter and John, saying, "Go and prepare the Passover for us, so that we may eat it." Luke 22:8

There are many people involved in growing and preparing the food we eat at each meal. Stop and think: who planted and watered the vegetables you are going to eat? Who prepared your food for the market? Who cooked your meal today?

Everyone in a home should help with food in some way – whether planting seeds, watering and harvesting crops, preparing ingredients or cooking food.



Take Action!

- Learn more about the people who grow the food we eat and pray for them.
- Thank those who prepare food for you - for all their efforts and their hard work.
- Don't leave all the food preparation work at home to just one person.
- Let's pray and ask God to bless those who prepare food.



For parents – Personal challenge

Children do what YOU do. How can you lead your family in implementing some of the action points together?

7. Support fair wages for farm workers, farmers and food workers.

For the Scripture says, "Do not muzzle an ox while it is treading out the grain" and "The worker is worthy of his wages." Timothy 5:18

Sadly not all workers are paid fair or living wages for the work that they do. This is unjust and the Bible tells us that 'the cries of the harvesters' reach God's ears. Let's do the right thing and encourage others to do the same.



Take Action!

- Find out more about the companies who farm or handle your food.
- Do not buy food products from companies who treat their people badly.
- Treat all food workers with respect.

8. Reduce environmental damage from farming food in harmful ways.

But in the seventh year the land is to have a sabbath of rest, a sabbath to the LORD. Do not sow your fields or prune your vineyards. Do not reap what grows of itself or harvest the grapes of your untended vines. The land is to have a year of rest. Leviticus 25

The Bible instructs farmers to care for their land. Using our land and water resources carefully helps to ensure environmental sustainability. We need to avoid over-harvesting, chemical fertilisers, water contamination, killing bees and unhelpful farming ways.



Take Action!

- Choose to eat earth-friendly food farmed with good practices.
- Look for organic food which is grown without chemicals.
- Buy locally sourced foods to reduce the impact of transport.
- Be an activist: share what you learn with others.

9. Protect biodiversity – of seeds, soils, ecosystems & the cultures of the many people who farm food.

Then God said, "Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it." And it was so. Genesis 1:11

In Genesis 1 God created the earth and everything in it. He told human beings to take care of His creation and have authority over it. We are His stewards or "caretakers" of our world.



Take Action!

- Think about what we use/eat.
- Choose to buy food and products that don't harm the environment.
- Speak up for the rights of local communities, especially for the protection of their traditional lands, resources and cultures.

10. Share the gift of food with others.

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples... Mark 14:22

Jesus ate meals with many different kinds of people. Mealtimes are a wonderful time to share our resources (food), our friendship and our faith. When we sit and eat together we can talk and connect as friends, families and communities. At mealtimes we also give thanks for what we have.

Take Action!

- Invite people into our homes to share a meal together
- Pack an extra sandwich or fruit to share with someone at school
- Take a meal to a family that is struggling or going through a hard time.
- Raise money for organisations who help people suffering from hunger.



For parents – Family challenge

As a family: (1) Invite someone for a meal this week. (2) Choose a charity to support to feed hungry people.

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An advocacy initiative of Micah Global in collaboration with the Churches Weekend of Prayer & Action