Revisiting Just Eating?

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Join the conversation!

#GreenTeamSummit
#RootedAndGrowing

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@faithinplace
Give TO FAITH IN PLACE

Text 44321 to GreenTeam19
Passports

Get your stamped passport by visiting the exhibit tables to be eligible for fabulous prizes.

You need more than 50% stamps to be eligible, and you must attend the plenary to win.
Our “Just Eating” Roots

- Comprehensive
- 7 Session (1.5 Hrs Each)
- Protestant Christian
- Mostly text
- Used in Chicago and CI
How we want to grow:

• More inclusive/ interfaith
• 4 Sessions (1 Hour Each)
• More Experiential Content
• Easy to Use
• A Tool for Building Health
Invitation to Pilot “Just Eating 2.0”

- Session Intro
- Engagement
- Teaching

- Discussion
- Assignment
- Conclusion
Theme and Outline:

- Healthy Body
- Healthy Community
- Healthy Planet
- Healthy Spirit
Healthy Body

• We eat to nourish our bodies – but making good choices takes some effort . . .
• Assignment: Food Log
Healthy Communities

More than 23 million people in the US live more than 10 miles from the nearest source of fresh food or produce.

Assignment: Shop and prepare a meal from somewhere like this
Healthy Planet

Many issues—One story

One Hundred Thousand Beating Hearts

Assignment for next week:
Adopt a “Table Grace” and record how the practice affected your mealtimes.
“There is a glue, a bonding, that comes from the time together at the table.”
– V. Pope, National Geographic, “The Communal Table”
What Resources Can You Share?

- Someone says something
- Populate
- Other input

What Resources Do You Need?

- Someone says something
- Populate
- Other input
What Happens Next

• **Timeline** – connect with faith communities who’d agree to test pilot one or more session.

• **Collect input and finalize lesson plans, resource lists, faith specific insights and practices**

• **Availability online November 2019**
Stay Connected!

The Rev. Cindy Shepherd

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www.faithinplace.org
Save the Date

For Fall Advocacy Day October 29th

Learn More At
https://www.faithinplace.org/events/fall-advocacy-day-2019
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