

# GREENING YOUR CHURCH KITCHEN

## STRESS REDUCERS & TIME SAVERS

- Simplify meals so that good food, good nutrition, and good growing methods are encouraged without adding extra stress to your lives.
- Consider when food is really important, and when it is not that important to the event.
- Do the least with flair and pleasure!

As Christians we value shared meals with the community. Unfortunately our lifestyles have in general become busier, and we often have little time to prepare healthy dishes. Restaurant meals and food purchased ready-to-eat at the grocery stores are often less healthy than homemade dishes. Salt, fat (e.g., triglycerides, cholesterol), white flour and sugars (e.g., corn syrup) are just a few of the unhealthy ingredients found in high proportion. Yet purchase of organic ingredients and preparation at home may be expensive and time-consuming, adding to our already-high stress. We do not desire to create more stress!! What “outside-the-box” alternatives are there?

□ Below are a few ideas for reducing stress and time. Let us know your ideas! □

*~~ Does someone at your church already grow good food items and/or have expertise in preparing nutritious meals?*

*~~ Does someone at your church like to cook and need a job?*

*~~ Is there a local chef interested in preparing simple, locally grown food/delicious meals?*

*~~ Could you pay someone to prepare your needed food items for you using as many locally grown, organic items as possible?  
(Get an estimate from the person for buying and preparing the food;  
divide by the number of people planning to attend;  
then see if it is a reasonable cost and people would willingly pay.)*

*~~ Could everyone bring a Farmers' Market item and two or three people be responsible for bringing dips? Or homemade bread? Or both?*