

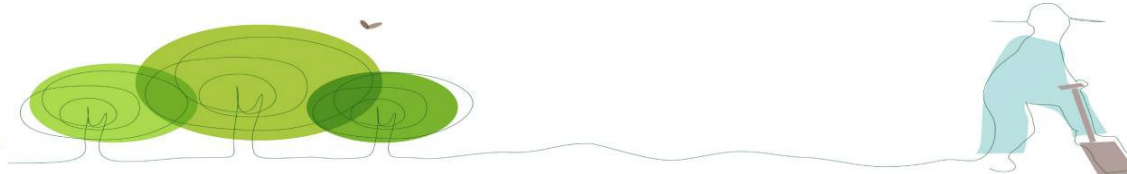
Tasty Morsels: Food Quotes, Facts & Questions

SOUND BITES

- “Better a little gained with righteousness than much gained with injustice.” **Proverbs 16:8**
- “Better a dry crust with peace and quiet than a house full of feasting with strife.” **Proverbs 17:1**
- “Food gained by fraud tastes sweet to a man, but he ends up with a mouth full of gravel” **Proverbs 20:17**
- “There is nothing more vital or intimate than eating.” **Claude Fischler, “L’Honnivore”**
- “Our bodies literally are food transformed into flesh, tendon, blood and bone” **Deane W Curtin**
- “Eating transforms food so that it becomes a vital part of our bodies, and, simultaneously, the embodied individual is also transformed by the act of eating” **Angel F Mender Montoya**
- “We are what we eat” **Ludwig Feuerbach**
- “Almost all Israelites were farmers, and almost all of us are not, at least in the fully industrialized West. But all of us eat, and shockingly, that is probably the single most destructive thing we do on a daily basis. For we are enmeshed in a catastrophic food production system.” **Professor Ellen F Davis**

FOOD

- “This is a society that doesn’t value food.” Professor Tim Lang, City University London.
- “Don’t buy anything from the supermarket,” Chris Goodall in “How to Live a Low-Carbon Life”
- People in the UK are Europe's biggest fast food consumers. In 2007 UK consumers spent £82 per head in fast food restaurants and burger chains (not including Chinese, Indian or Pizza). More than 2.5 million people in the UK are said to visit McDonald's every day. Research in the US followed 3000 people aged 18-30 for 15 years – those who ate fast food more than twice a week gained 4-5 kg, compared to those who ate fast food once a week or less, and became twice as insulin resistant. (www.fastfoodnation.co.uk)
- The number of obese people in the UK tripled in 20 years up to 2001, leading to 30,000 premature deaths in 1998 alone, and costing the NHS at least £500, a year. (Tackling Obesity in



England, National Audit Office, 2001). By 2010, 62% of Britons were overweight or obese (<http://news.bbc.co.uk/1/hi/health/8646677.stm>)

- *Do you agree with Tim Land & Chris Goodall?*
- *How can we change the culture of eating food in the UK? Are there other countries we can learn from?*
- *What difference does it make to how we see food, when we've grown it, or know the place it was grown and the people it was grown by?*

FARMING

- **FOOD SECURITY** - 70% of Britain is agricultural land. *Why do you think we import so much food? Are there some types of food we will always need to import?*
- **FOOD DIVERSITY** More than 60% of the world's population relies on only 4 crop species of plant as their source of food (maize, rice, wheat, and potato). 75% of the species in agriculture have already been lost. *What are the risks we are taking by relying on such a narrow range of foods?*
- **HEALTHY SOIL** - The soils of natural oak forests in the UK contain around 10% organic matter. In most British agricultural land this has been reduced to 3.5% and in some intensively farmed arable land to just 1%. (Climate Friendly Farming, Mukti Mitchell, www.resurgence.org) *Organic matter is vital for the long-term health of soil – without it, farming is increasingly dependent on artificial inputs – such as nitrogen-based fertilisers derived from oil. Is this sustainable long-term? What are the alternatives?*
- **THE WHITE STUFF?** In its heyday, there were 28,000 dairy farms in England and Wales. Today there are under 11,000. Each week, nine dairy farmers in Britain are forced to sell up. In 2007 Britain was self-sufficient in milk. Now we import 1.5 million litres a day. (*Daily Telegraph*, 6th June 2010)
- **GO ORGANIC?** "Although organic agriculture is not a panacea and has its own limits in addressing challenges posed by modern lifestyle, its external environmental costs are much lower than those of conventional agriculture and, in some areas, it can reverse problems of natural degradation. Moreover, non-certified organic systems increase food availability and access exactly in those locations where poverty and hunger are most severe." (*UN Food & Agriculture Organisation*, 2007 <ftp://ftp.fao.org/paia/organicag/ofs/OFS-2007-5.pdf>)

WASTE

- Britain is throwing away half of all the food produced on farms – (*Lord Haskins, former head of Northern Foods, Independent on Sunday*, 2nd March 2008)
- Nearly 1/3 of the food we buy in the UK is thrown out as waste. Some of this is inedible but



compostable (bones, tea-bags) but 80% of it is perfectly good (*"Household Food & Drink Waste in the UK"*, WRAP – Waste & Resources Action Programme, October 2009)

- In a UK Government survey, only 10% of people admitted to throwing away a 'substantial' amount of food. (*WRAP survey of 1800 people*)
- In the UK we spend £12 billion every year buying and then throwing away good food. That works out at £480 for the average UK household, increasing to £680 a year for households with children – an average of just over £50 a month. (*"Household Food & Drink Waste in the UK"* WRAP, October 2009)
- Every person in the UK generated on average 300 kg of household wastes in 1980 but more than 500 kg in 2005. (*The Bread we Waste*, www.foodethicscouncil.org)
- In the UK, 8.3 million tonnes per year of food is wasted per year in homes (*"Household Food & Drink Waste in the UK"* WRAP, October 2009)
- Tesco has not produced figures for how much waste it sends to landfill since 2004. (*The Independent*, 2nd March 2008)
- *What does our wastage say about our relationship with God?*

