

FaithFoodHealth

Encouraging people of faith to enjoy and care for God's gifts for a healthier, more abundant life.

YOUR BODY IS A TEMPLE

"Do you know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?"

1 Corinthians 6:19



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WE'RE HERE TO HELP YOU AND YOUR CONGREGATION BE MORE MINDFUL OF:

- how faith and food connect;
- how eating whole plant-based food from God's creation will improve your health;
- how caring for God's creation in a sustainable way can improve and build community;
- how being mindful of God's gifts and creation can enhance your service to each other and to God.

We will share:

- practical and inspirational tips to help you and your congregation on your journey;
- ideas from individuals and congregations;
- scientific nutrition, wellness and horticulture research and how it applies to your life;
- helpful resources and advice from experts;
- inspired stories of faith.

WHY THE FAITH & FOOD CONNECTION IS IMPORTANT

Many of us have gotten caught up in a culture of fast and processed food and are paying dearly with our lives. In most cases, today's killers or causes of major illnesses are directly related to our diets.

- Two-thirds or 66% of American adults are overweight.
- One in five young people is obese and one in three is overweight.
- Poor diet and physical inactivity are causing "adult" diseases in children.
- Obesity increases risk of heart disease, high blood pressure, diabetes, arthritis-related disability and cancer.

Source: Centers for Disease Control



Churches and other faith-based institutions have an opportunity to help raise awareness. Many gifts from God's creation are for our nourishment. They are life-giving, providing minerals, nutrients and other health-enhancing compounds.



We cover the faith, food and health intersect, including agriculture, food and food justice, nutrition, wellness, gardening, seasonality, sustainability and stewardship of God's creation.