

Since our 1100th anniversary celebration year in 2009
we have chosen to turn over a new **'LEAF'**

We celebrate our Christian heritage and express the Christian gospel in today's world, not just in what we say but also how we live our lives. We are therefore challenged to witness to our God of compassion and justice through our practical actions, including the way we provide refreshment in our church activities and celebrations.

One straightforward way to achieve this is to adopt the **LEAF** practice. This means that if you are organising an event that involves serving food and drink may we suggest the following principles:

Locally-Sourced

Please try to serve local, seasonal foods supplied from farmers in the South West, farm shops or farmers' markets, and look out for products with the Red Tractor logo. In this way we support the rural life and farming community in Devon and the South West and strengthen the distribution of local food supplies to work towards future sustainability.

Environmentally-Sustainable

You may wish to choose organic produce but you may also source food from an independent farmer or grower who is producing food in an environmentally sensitive way. It's important to look at sustainable fish supplies as well. Reducing food miles, waste packaging and energy costs are all important ways of lessening our impact on God's creation and working towards a more sustainable future for the next generation. Please use your own cutlery and china but if you need to use paper cups and plates make sure they are biodegradable and make sure they are put in the recycling bins afterwards. Also Traidcraft's Fairtrade goods are usually shipped rather than air-freighted.

Animal-Friendly

Choose free range eggs, chicken and pork wherever possible for example. Look for the RSPCA Freedom Food label on meat, eggs and dairy products in supermarkets and farm shops. The UK standards on animal-welfare are generally high and so we should be able to support food production where this is taken seriously.

Fairtrade

Please serve Fairtrade tea, coffee, chocolate and sugar. When we buy Fairtrade goods, we enable people behind the products who often live and work in marginalised communities to participate in global trade. Only a just world, where people who grow many of our staples get a fair deal, is sustainable. Our support for Fairtrade helps farmers in vulnerable communities benefit from a more stable income, as well as a social premium for them to contribute to their local community. This has resulted in community projects like clean water, schools and health clinics. Fairtrade helps a community provide a secure future and develop more sustainably.



There are now a range of 'Fairly traded' or 'certified' products but the most certain way of ensuring the benefits is to look for the Fairtrade Mark - available now on a wide range from brazil nuts, oranges, nuts, rice, to wine and more. Please check your local Oxfam shops, supermarkets. It's also worth checking in local Farm or Health Food shops who also often stock a Fairtrade range. Fairtrade pioneer Traidcraft has a network of Fairtraders across the county and an online shop. If you buy direct from them or from an Oxfam shop, a greater proportion of the profits goes to the farmer in the developing country.

To make this as easy as possible for you, overleaf is a list of useful contacts and websites.

Turn over a new LEAF

The good cook's guide to Local and Fair food supplies in Devon

Catering means caring for people and meals are a time for sharing and enjoyment. Can we also choose ingredients that show our care for the people who grow our food, as well as those who sit round our table? That way we love our neighbours - whether they are farmers who grow our rice or our carrots, or the friends who enjoy our cooking.

We all need to watch expenditure but by being selective, sharing expenses and going to the right sources, it is still possible to use Fairtrade ingredients and local seasonal produce - they don't have to be expensive.

Guidelines for quantities

Remember a third of the food we buy in the UK ends up being thrown away! The following are suggestions to allow possibly per person:

- **Milk for tea and coffee**
You should be able to get about 80 servings out of a litre or 1.75 pints of milk assuming 12 mls per person
- **Bread** 1/4 of a loaf (assuming 20 slices in a loaf) so a loaf will provide enough generous sandwiches for five people
- **Margarine** 25g
- **Cheese** 75g
- **Pickle** 1 large jar per 10 people
- **Peanut Butter** 2 large jars per 10 people
- **Jam** 1 jar per 10 people
- **Biscuits** 1/4 packet per day
- **Cake** allow 10 people to each cake

- **Pasta** 100g
- **Rice** 50g
- **Potatoes** 250g
- **Cheese** 75g
- **Other Vegetables** 250g
- **Soup** 1/3 pint

One head of lettuce will feed approximately 5 people,
4 medium heads will serve 15-20 people

For appetisers:

Estimate about 10-12 items total per person.
Make 3-4 of each item per person, keeping in mind that everyone may not take all of the items

For desserts:

Calculate one full portion of dessert per person
For multiple desserts, people will taste smaller portions of each item
A normal cake will serve approximately 10, but 15 will be fed if you are also serving pie
Fruit – allow 2 pieces per person

Church and Society
Exeter Diocese

Useful websites and contacts

This is based on the work of LOAF in Christian Ecology. Further materials at www.christian-ecology.org.uk

Find out what's in season and when www.bbc.co.uk/food/in_season

Local produce

www.devonfoodlinks.org.uk
www.lovelocalfood.org.uk 07528 916051
www.localfood.org.uk 0845 458 0060
Quality, organic food from the heart of Devon www.northdevonuk.co.uk/NDUKFood.html

Sustainable Fishing

www.msc.org
www.greenpeace.org.uk/oceans/what-we-are-doing/sustainable-seafood
www.fishonline.org/

Organic agriculture: www.soilassociation.org
Promotes sustainable, organic farming

Animal welfare:

Freedom Food is the RSPCA's farm assurance and food labelling scheme.

www.rspca.org.uk/freedomfood
Compassion in World Farming 01483 521950
www.ciwf.co.uk

About Fairtrade

www.fairtrade.org.uk 020 7405 5943
www.traidcraft.co.uk 0191 491 0591
www.traidcraftshop.co.uk 0845 330 8900

For local suppliers of Fairtrade and details of how to become a Fairtrade Church

www.exeter.anglican.org/yourchurch/fairtrade

For local suppliers of Fairtrade food and helpful worship resources

www.traidcraft.org 0845 330 8900

To find your nearest Oxfam shop for Fairtrade tea, coffee, sugar and biscuits

www.oxfam.org.uk/shops/content/shopfinder.php

Fairtrade Communion wine is now also available www.poterionfairtrade.co.uk

Inspiration from the Hull One World Shop www.fairtradecookbook.org.uk

Supplies sourced from farmers at a fair price www.equalexchange.co.uk 01315 545912

Steenbergs Organic are particularly useful for Fairtrade herbs and spices

www.steenbergs.co.uk/fairtrade.php