

# CARE FOR CREATION

WAYS TO LOVE ONE ANOTHER BY CARING FOR CREATION

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## FOOD AND FOOD WASTAGE

- **Eat Leftovers:** A great way to be a steward to the Earth is to consume your food. Did you know that we in North America throw away 25% of the food we buy? Not only is this a waste of money but it is also harmful to the environment. Producing food takes land, water, and heavy machinery. By eating your leftovers, you are not only saving money but also preventing energy waste from food production. Not to mention you are keeping them from taking up space in a landfill. Learn recipes for soups, casseroles, smoothies etc.
- **Reduce Food Wastage:** If you cannot eat food before it spoils or if you grow more than you can consume, give it to a neighbour or to a local food bank or invite someone to join you for a meal. Share it!
- **Buy only what you need.** A good practise is to create a menu a week ahead and only buy what you need for meals for that week.
- **Become aware of what best before dates mean and do not throw away food that is still fit for consumption.** (View video “Just Eat It” <https://foodwastemovie.com/about/>)
- **Plant a Garden – Indoors and Out.** Start a garden in your yard or share the work with your community by creating a community / neighbourhood garden. Do you have space in the yard of your church, or at a vacant lot or nearby park? Gardening is good for creation and saves you money. It is also good exercise! If you do not have outdoor space, consider growing vegetables in pots or containers on your balcony or even inside. Indoor plants produce oxygen and help improve air quality.

- Compost – Use the compost / food wastage containers provided by your municipality or invest in a compost bin and make your own compost. Compost can be added to flowerpots or gardens to improve the soil.
- When possible, buy food in reusable or recyclable containers. Seek out bulk food stores or Refilleries.
- Buy local. These purchases help support your farming /food producing neighbours and the food is fresh. It saves on packaging and on energy consumption and pollution needed for transport. For foods not sold at local farms, give preference to purchase of foods that are produced, packaged, and made available in your area (to support local producers and to reduce transport and handling).
- Buy foods in season. Many foods are seasonal, and the price is lower when these foods are in season (fruits, vegetables, citrus fruits, etc.). Canning or preserving these foods while in season can make them available to eat when they are not in season. Check with grandma for recipes!
- Bring leftover foods from your restaurant meals home to be enjoyed the next day. If workable, bring your own reusable container for leftovers.
- Research food wastage in your community – restaurants, grocery stores, vendors, etc. and find ways to make consumable foods available to food banks
- Start a food bank in your church or create space for a local food bank to use in your churchbuilding (accessible to the public)
- Set out a “sharing” table or stall in your neighbourhood or room or area in the lobby of your apartment building. For example, people can bring foods that are consumable, toiletries, and cleaning supplies which others take as needed). It is a dignified way to share with those in your neighbourhood who are less fortunate.
- Cook one-pot meals often. These save on fuel for cooking and often give you food for several meals.
- When using the oven, consider preparing more than one food at a time. For example, when cooking a roast, do roast potatoes and vegetables in the oven also, or if baking a cake or pie, bake other food(s) at the same time.





## WATER AND WATER SUPPLY

- Turn off the tap when not using the water. For example, when brushing your teeth or shampooing your hair.
- Take shorter showers.
- Boil only what water you need for coffee or tea or other hot drinks.
- Keep a pitcher of water in the fridge instead of always running the tap until the water is cold.
- Save rinse water for your plants.
- Use a rain barrel to collect water for outdoor plants, cleaning driveway etc.
- Fix dripping taps or leaky pipes.
- Wash your clothes in cold water.
- Purchase energy smart appliances which use less electricity, fuel, or water.
- Wash clothes or dishes only when you have a full load.
- Use a clothesline or drying rack to dry clothes.
- When washing your car, use a pail and cloth.
- Invest in a reusable water bottle instead of drinking from bottled water in plastic bottles. Most tap water in Canada is safe to drink.
- Reduce or eliminate use of water on lawns.
- Recycle containers. Do not litter.
- Engage your church or community in cleaning up waterways or road ditches.
- Reduce your use of containers that are not biodegradable and advocate for reduced use of plastics.



## CARE FOR CREATION EVERYDAY

- Reduce use of fossil fuels. Share rides. Consolidate trips to stores. Walk, cycle or take public transit or drive electric or hybrid vehicles.
- Bring good used clothes to local thriftstore and buy used when possible.
- Be green when you clean. Use vinegar, soap, lemon juice, and baking soda as cleaners (check online to find out how to use these) or buy refillable cleaning products. Use reusable microfiber cloths instead of paper towels.
- Turn off lights and use LED lightbulbs. They last longer and use less energy.
- Recharge batteries. Switch to rechargeable batteries. Recycle old batteries instead of sending them to landfill. There are designated collection points for these.
- Break your plastic habits. Use reusable glass containers. Buy reusable lids instead of using saran wrap.
- Use fabric item to wrap gifts.
- Recycle paper and cardboard.
- Bring old or broken electronic items to specified stations that receive electronic waste.
- Fend off energy vampires. Make sure to turn off and unplug items when they are not in use. The socket draws electricity even when items are "turned off." Some items that are often plugged-in when not in use are blow-dryers, phone chargers, electric kettles, and coffee pots. Other items that are often left in the "on" position when not in use are televisions, computers, and video game consoles. Using the battery-saving function on smart phones and computers helps them last longer, as well as saves energy. Perhaps you have a spare refrigerator you only need to run when you are preparing to entertain guests. Look around your house and find what can be unplugged. You might be surprised by your energy savings!
- Share your care for creation ideas with family, neighbours, and community. Become an advocate for creation care! You might celebrate World Water Day or World Food Day or Earth Day...