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Healthy food drives encouraged for first annual national Food Day on Oct. 24, 2011

To celebrate Food Day 2011, Interfaith Food and Farms Partnership (IFFP), a project of Ecumenical Ministries of Oregon, is encouraging congregations and community groups to conduct five-week “Healthy Food Drives” from mid-October to Thanksgiving. It’s as easy as contacting a local food pantry, getting the word out to friends and family, and using IFFP’s resources to maximize your impact. Celebrate Food Day by collecting healthy food for others!

Many food donations made to pantries are generous but loaded with unhealthy ingredients. IFFP is encouraging increased donations of healthy food to those most in need, especially given the growing number of people suffering from chronic health problems like diabetes and heart disease. Suggestions include no- to low-sodium foods, fruits canned in their own juices, vegetarian options, and avoiding foods high in fat, sodium and sugars. To reduce exposure to harmful chemicals, donate food in cans not lined with bisphenol-A (BPA) and donate organic or sustainably grown foods when possible.

A complete resource guide, including weekly printable pamphlets, is available for download by selecting the “resource” tab at www.faihandwellness.org. A healthy shelf-stable version of a food group is featured each week. The program may be adapted to emphasize just the food most needed by a pantry or to run for shorter or longer time periods.

Food Day aims to connect people, communities and farmers in celebration of food and to explore how we can make our food system more healthy and prosperous. On Oct. 24, people across the United States will gather together to promote healthy, affordable food produced in a sustainable, humane way. It’s up to each community, congregation and school to decide how they will promote these values. A Food Day event could be as simple as organizing a cooking class or having a healthy pot-luck dinner with friends. To find an event in your community, go to www.foodday.org.

Interfaith Food and Farms Partnership strives to increase access to fresh, local food for all—especially people with low incomes—and encourages congregations to support small, new and immigrant farmers through innovative market relationships. We aim to empower faith communities, farmers and

MEMBER DENOMINATIONS

African Methodist Episcopal Church ■ American Baptist Churches of Oregon ■ Christian Church (Disciples of Christ) ■ Christian Methodist Episcopal Church ■ Church of the Brethren ■ Community of Christ
Episcopal Diocese of Eastern Oregon ■ Episcopal Diocese of Oregon ■ Evangelical Lutheran Church in America ■ Greek Orthodox Church ■ Presbyterian Church (USA)—Presbytery of the Cascades
Religious Society of Friends (Quakers) ■ Roman Catholic Archdiocese of Portland ■ United Church of Christ ■ United Methodist Church ■ Universal Fellowship of Metropolitan Community Churches

neighborhoods to build rural-urban alliances and create innovative partnerships for just and sustainable food systems that promote community health.

EMO is a statewide association of Christian denominations—including Protestant, Roman Catholic and Orthodox bodies—congregations, ecumenical organizations and interfaith partners working together to improve the lives of Oregonians through community ministry programs, ecumenical and interreligious dialogue, environmental ministry and public policy advocacy.