

TEN COMMANDMENTS OF FOOD



I.
Give thanks for
the food you eat.



II.
Eat food grown as close as
possible to where you live.



III.
Strive for all people to have
knowledge about and access to
affordable, nutritious food.



IV.
Eat mindfully and
in moderation.



V.
Do not waste food.



VI.
Be grateful to those who
grow and prepare food
for your table.



VII.
Support fair wages for
farmworkers, farmers
and food workers.



VIII.
Reduce the environmental
damage of land, water and
air from food production
and the food system.



IX.
Protect the biodiversity of
seeds, soils, ecosystems and the
cultures of food producers.



X.
Rejoice and share the
sacred gift of food with all.



www.oikoumene.org/foodweek

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Food for Life



World Council
of Churches