



*Environmental Justice Webinar Series for
Houses of Worship and Communities*

Getting Healthy Foods to Those in Need & Cooking Healthier Foods – Live Demonstration!

June 27, 2023

** Please note this webinar is being recorded and will be posted on an EPA webpage.*



PANELISTS

Pastor Zach Hopple, *Christ United Methodist Church,
(Welcome & Introductions)*

Stephen Sturdivant, *Environmental Engineer,
Sustainability Materials Management, Region 6, U.S EPA*

Deacon Gerard Anthony, *Mother of Light Center,
Alexandria, VA*

Shea Watts, *PhD, Visiting Professor in Religion, Wingate
University*

MaryEllen Bunce, *Food for Life Educator, Physicians
Committee for Responsible Medicine*

Danny Gogal, Ericka Farrell, and Julie Childers, *Office
of Environmental Justice and External Civil Rights, U.S. EPA
(Facilitators)*



Sustainable Management of Food

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Biogeochemical Flows (Nutrition Pollution)



Too much nitrogen and phosphorus in the water can have diverse and far-reaching impacts on public health, the environment and the economy. Photo credit: Bill Yates.

Photo credit: <https://www.epa.gov/nutrientpollution/issue>

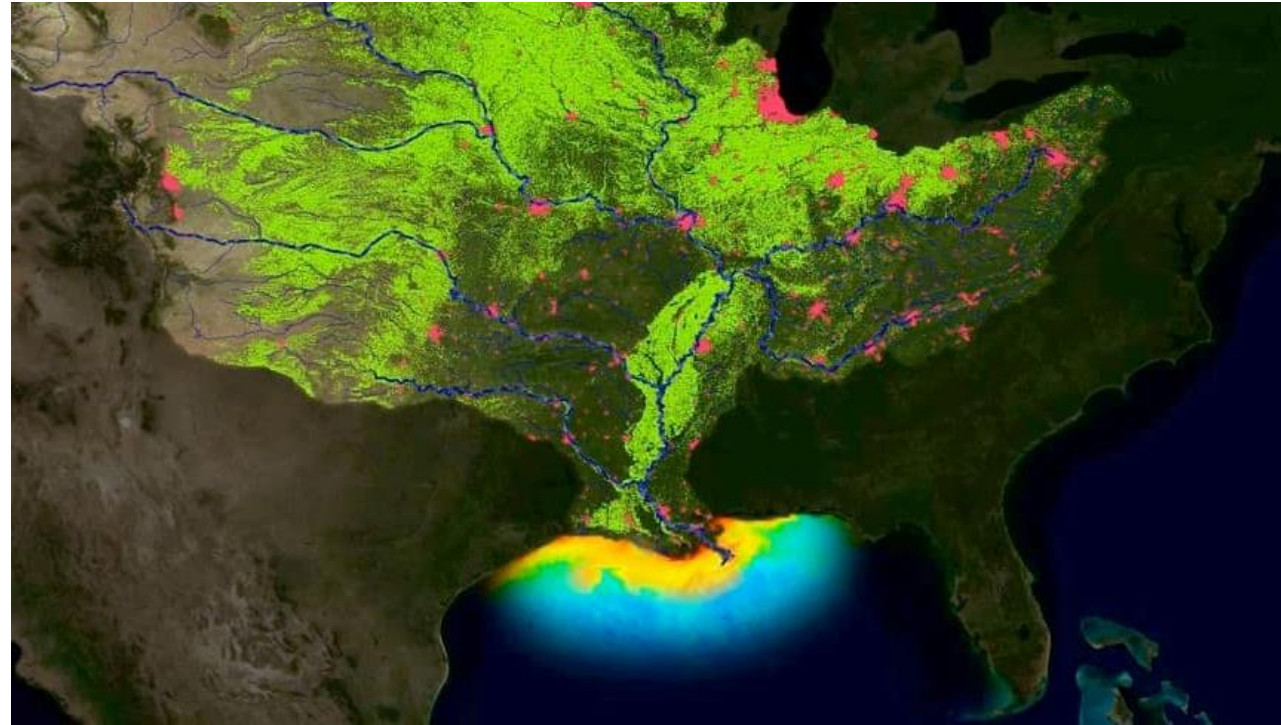


Photo credit:

<https://coastalscience.noaa.gov/news/noaa-forecasts-very-large-dead-zone-for-gulf-of-mexico/>

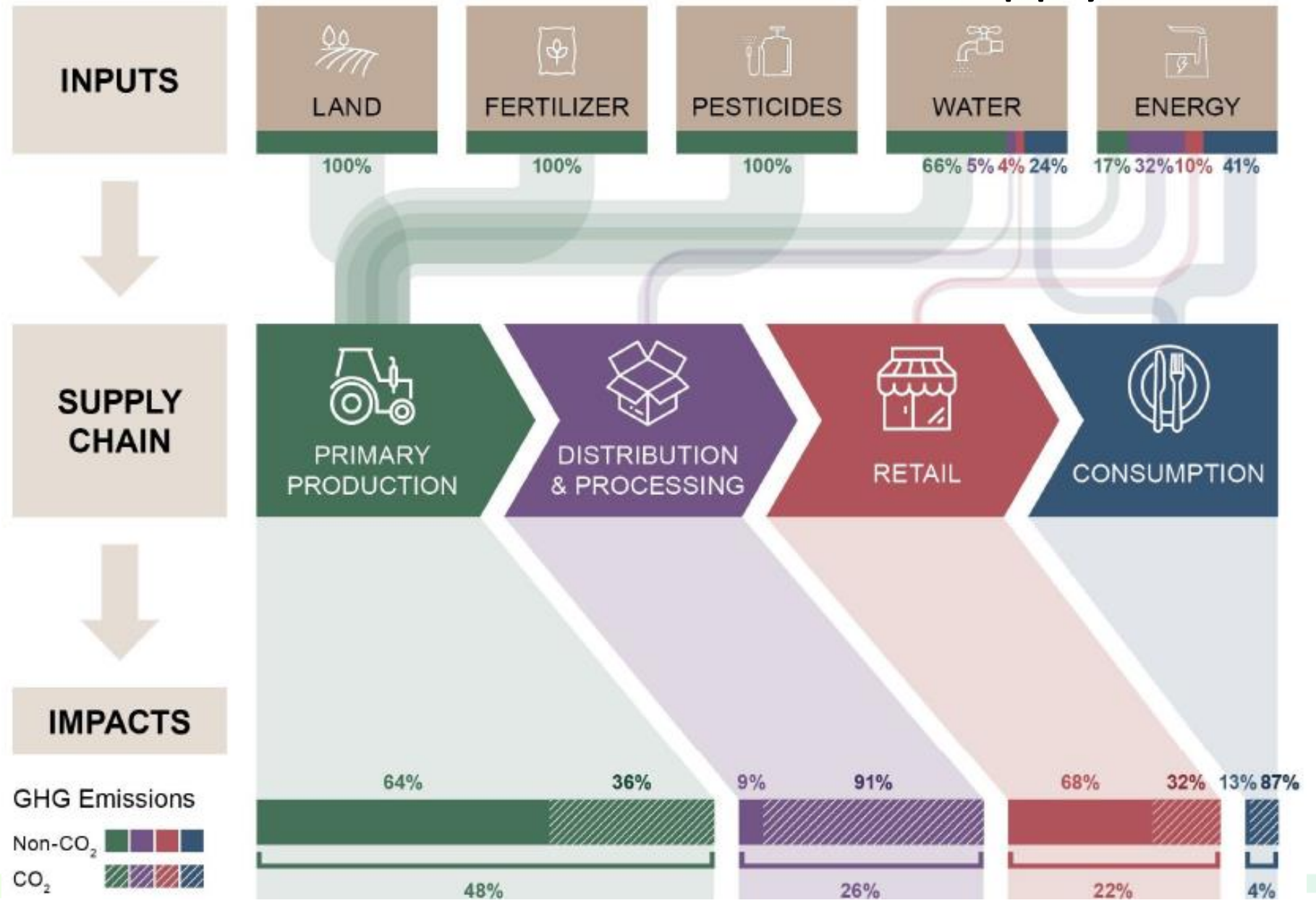
Land System Change (ex: deforestation, wetlands reduction)



Photo credit: https://19january2017snapshot.epa.gov/climate-change-science/overview-climate-change-science_.html

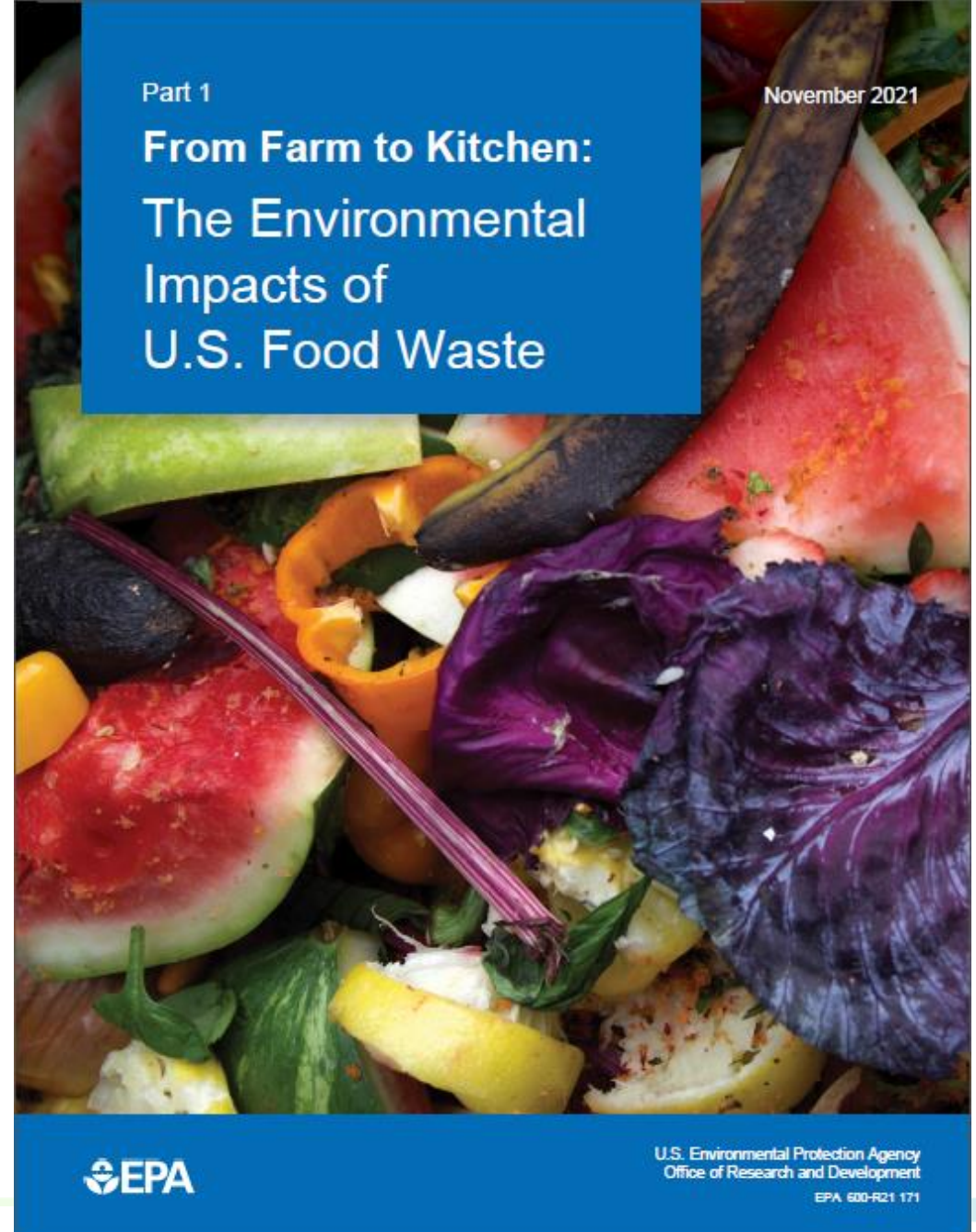
<https://www.epa.gov/land-research/farm-kitchen-environmental-impacts-us-food-waste>

Eco Footprint of the U.S. Cradle-To-Consumer Food Supply Chain



<https://www.epa.gov/land-research/farm-kitchen-environmental-impacts-us-food-waste>

- “Even if fossil fuel emissions were immediately halted, current trends in the food system could preclude the achievement of [limiting global warming to below 1.5°]”
- “Many of the studies presented in this report compared a variety of strategies – including closing yield gaps, increasing resources efficiency, dietary shifts, and reducing Food Loss and Waste – finding that only in combination could these strategies achieve a **sustainable agricultural future.**”
- “Among food categories, animal products require the most land, water, fertilizer, and energy and emit the most GHGs per unit of food”



Part 1

November 2021

From Farm to Kitchen: The Environmental Impacts of U.S. Food Waste



U.S. Environmental Protection Agency
Office of Research and Development
EPA 600-R21 171

Global food system emissions could preclude achieving the 1.5° and 2°C climate change targets

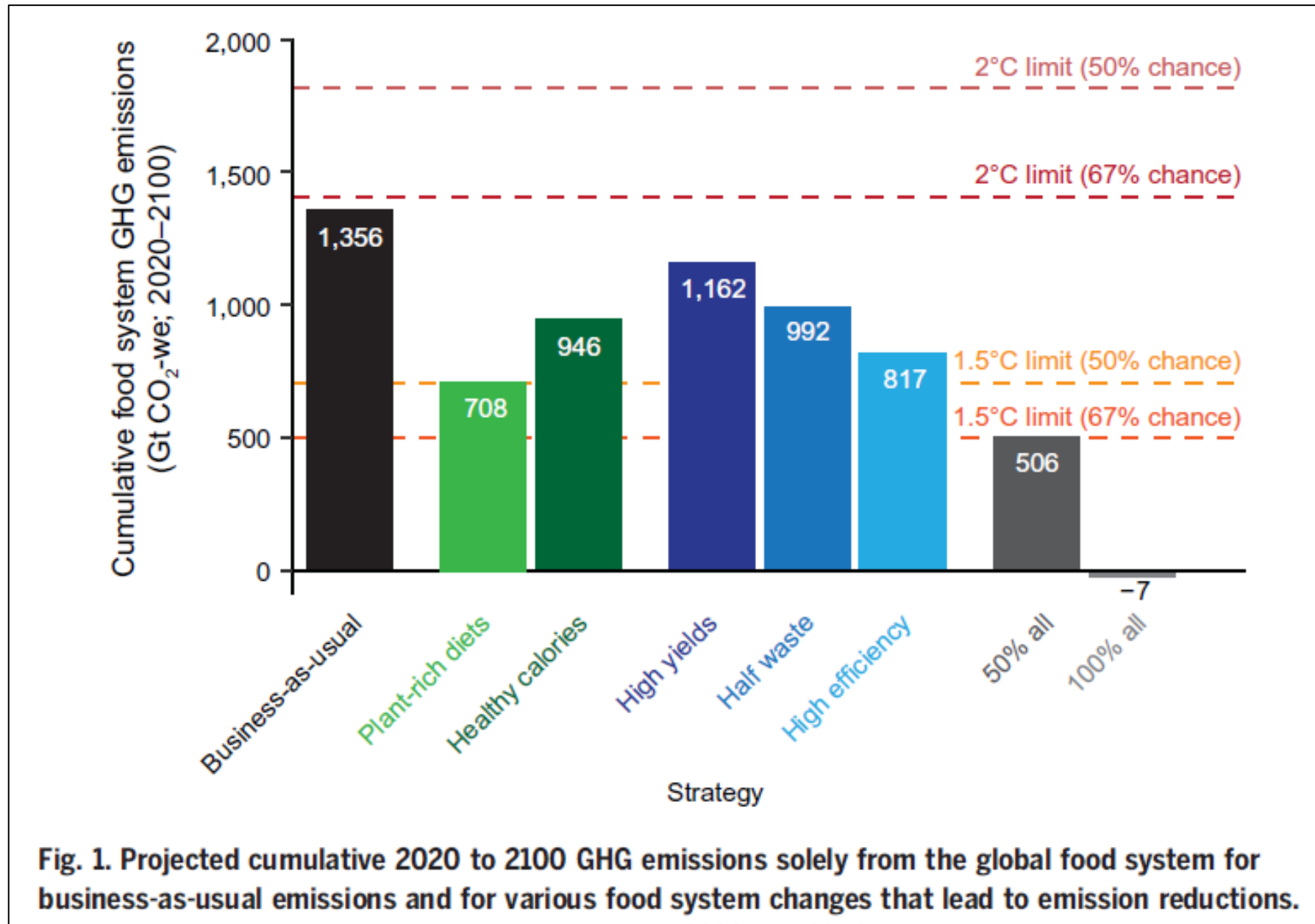


Fig. 1. Projected cumulative 2020 to 2100 GHG emissions solely from the global food system for business-as-usual emissions and for various food system changes that lead to emission reductions.

Clark, MA; Domingo, NGG; Colgan, K; Thakrar, SK; Tilman, D; Lynch, J; Azevedo, IL; Hill, JD. (2020). Global food system emissions could preclude achieving the 1.5° and 2°C climate change targets. *Science* 370: 705.

<https://doi.org/10.1126/science.aba7357>

Houses of Worship and Communities on Getting Healthy Foods to Those in Need and Cooking Healthier Foods

Deacon Gerard-Marie Anthony,
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<https://www.motheroflightcenter.com>





Who is the Mother of Light?

- Mother of Light Center (MOLC) is a Catholic organization in the Arlington Diocese, encompassing 23 parishes in Northern VA. We serve everyone that seeks us out, regardless of their religion. MOLC is centered in the Life of Christ. We believe the life of Jesus is telling us that life is for service, for giving, for sharing. By giving people a chance for them to see their dignity, and seeing them as God sees them; we aim to treat them as Jesus treats them.
- **Mission:** With a coordinated approach and the assistance of volunteers and others in our community, we are dedicated to love and serve men and women who are poor, needy, and homeless. We provide spiritual help, encouragement, support (material, social, and spiritual), and information they need by establishing relationships. We help them to identify their talents and potential, redirect their lives, find jobs, find permanent housing, and most importantly, discover how much God loves them.
Hence our motto.



What's Cooking at MOLC

- One of the big supports Mother of Life provides is dignity and friendships to the many families we serve with food distribution.
- We served 1,065 families (3,749 people) giving away 55,481 pounds of food (1,514 pounds to children in our afterschool program) in March 2023
- We served 1,075 families (3,799 people) giving away 50,403 pounds of food (1,526 pounds to children in our afterschool program) in March 2023



Programs Help Families and Instill Nutrition

- We have general food distribution as well as 3 Main Programs that we focus nutrition and hygiene in a particular way:
- Our general rule: “If we won’t eat it, we don’t give it out”
 - St. Ann’s Group (Single Mother’s Group)
 - Meet once a month
 - Kids have games and do art therapy while we have activities for moms
 - There is a monthly theme based on the needs the moms told us about. We’ve had specialist come in and talk about self-care, forgiveness, dignity, and of course nutrition.



Programs Help Families and Instill Nutrition (cont'd)

- We've done a nutrition trivia game with them as well as give them a general rule about have half of your plate green and then add protein and not the mountain of carbs or tortillas.
- We had a family come in and do a demo of how to do healthy cooking teaching the moms how to make a chicken pot pie with fresh vegetables
- Then after the mom time, we bring the families together to have a healthy dinner (rice and chicken, salad, and a little treat such as fruit or pudding)

Programs Help Families and Instill Nutrition

- Sewing School on Saturday's through out the month
- Extended Day-After School Program on Tuesdays and Thursdays (4-6pm)
 - The Kids have various activities and are fed healthy snacks
 - Yogurt, tangerines, cheese sticks, water (help kids with hydration) and/or small sandwiches
- We also have special events such as Dentistry Event which a dentist volunteered to do cleaning for some of our families in need and a parish donated fruit and water for the families after their cleaning



Donations

- We get donation and food sources from a variety of sources, but are always looking for more:
 - Capital Food Bank
 - Private Donations and Stores in the Community: Lidl USA Headquarters, Wegman's Alexandria, Keany Produce, Target (Potomac Yards), Trader Joe's (Falls Church), Whole Foods and Balducci's (Alexandria, VA), Amazon Fresh (Springfield, VA)
 - Church Drives



“Delectable Notes”

- National Food Bank gave us an award for our nutritional food choices
- Thus, they gave us a grant for \$14,000 for equipment to store our healthy food which we bought commercial refrigerator and freezers
- Some of our choices are:
 - Onions, zucchini, apples, pears, and oranges
 - Potatoes, dairy cheese, and milk
 - Carrots, peppers, and cucumbers
 - Protein: Chicken, meat, eggs
 - Hygiene: Toothpaste, laundry detergent, soap, paper towels, toilet paper, diapers and baby wipes
- When mothers are pregnant, we give them a “mother’s bag” in which they receive hygiene products, diapers, and nutritional packets



SPIRITUALITY & SUSTAINABILITY

EATING FOR THE COMMON GOOD

THE PROBLEM

"At the root of many of the world's most pressing threats to human, animal, and planetary health are unhealthy, inequitable, and unsustainable food systems. Around 11 million deaths annually are caused by unhealthy diets. Our diets have become the leading contributor to global environmental degradation, affecting land, water and oceans, biodiversity, our climate and our air quality." – World Health Organization (WHO)



**World Health
Organization**

CREATUREKIND FELLOW

- Deep incarnation, **all** flesh
- Sympathy for how we treat non-human animals
- Combatting anthropocentrism
- Veganism



On The Need For Eco-Salvation

May 12, 2021



IDEAS OF FAITH,
FOOD JUSTICE, AND
SOCIAL CHANGE

Let's Dish

with chef & business owner Julia Simon

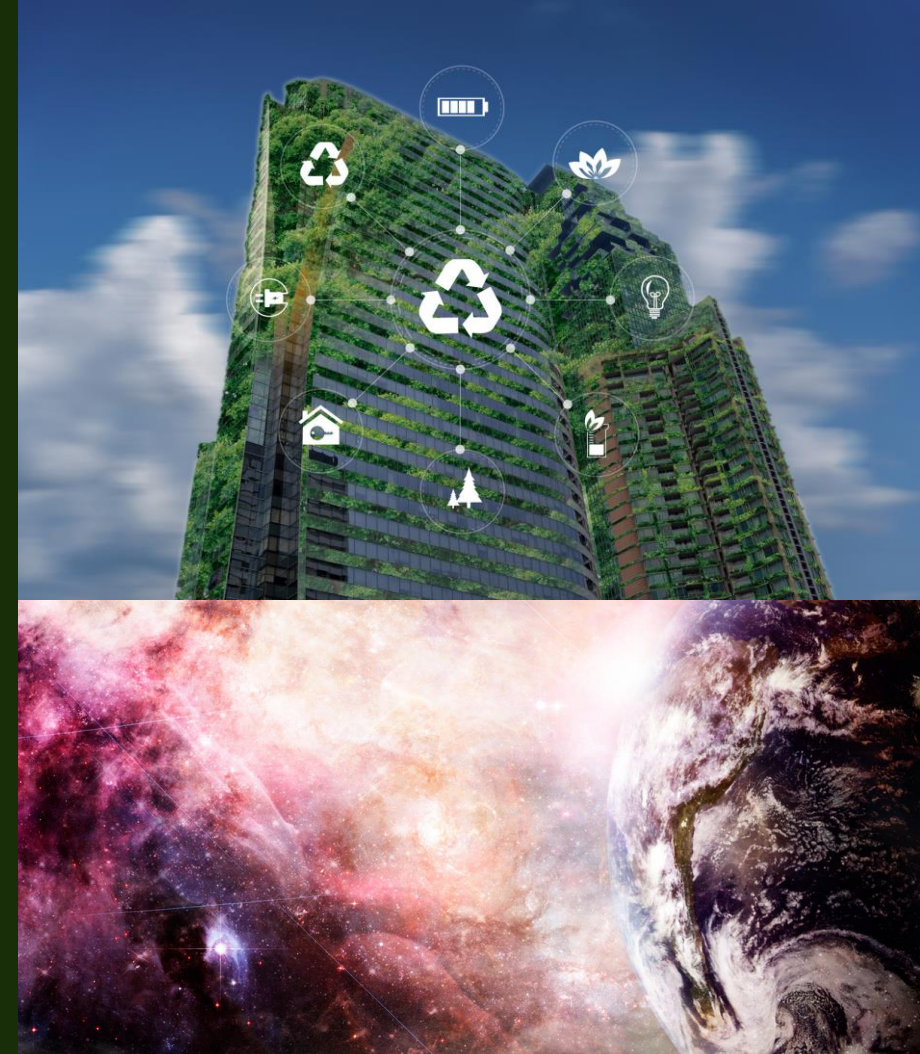


hosted by
Shea Watts

Dr. Shea Watts

AS A THEOLOGIAN

- Rethinking our place as humus, literally from the dirt/ground.
- Repenting for how we have defiled God's good creation (Anthropocene).
- Remembering our responsibility to care for all of creation, including exploited animals, workers, and the earth's resources.
- Ritualizing for the common good and flourishing.
- Reconnecting to the creation, i.e., the earth.



AS A PROFESSOR

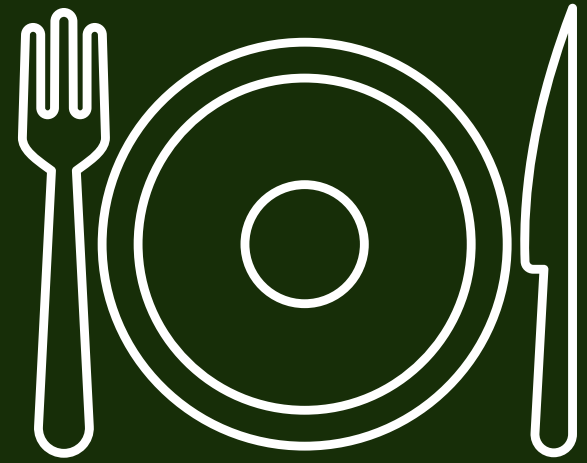
TEACHING FOOD & FAITH

- Gen Ed Religion course designed for community engagement.
- Critical thinking about food production and consumption.
- Growing our own food in the community garden.
- Learning about challenges to our food system: access to nutritious foods, climate change, growing populations, loss and waste, health and nutrition etc.
- Making connections between food justice and larger issues.



FAITH-FULL EATING

- Practicing restraint and incorporating plant-based foods and alternatives (when possible).
- Eating foods in season and promoting nutrient-rich options such as more fruits and vegetables.
- Composting instead of throwing away excess food.
- Get educated on where your food comes from and the true cost.
- "Feed my sheep." - John 21:15-17



"The food we eat, both what we eat and how we eat it, may well be the most significant witness to creation care that Christians can perform." – Norman Wirzba

IMPACTS OF PLANT-BASED DIET

- 'One person eating vegan just one day per week saves approximately 40lbs of grain (which could feed hungry populations around the world), 1100 gallons of water, 30 square feet of forest, and one animal. To put that into context, 1100 gallons is equivalent to almost 4 months' worth of showers... saved in just one day, by one person.'

“Every decision we make about food is a vote for the kind of world we want to live in.” – Frances Moore Lappé





COLLECTIVE LIBERATION/SHARING STORIES

- Embracing intersectionality, i.e., all issues of injustice/oppression are connected.
- Thinking of liberation in terms of the whole.
- Must challenge oppression on every level: Individual --> Institutional --> Societal.
- Sharing stories of resilience, resistance, and resourcefulness.
- Re-connecting with the land, gleaning indigenous wisdom from plants.



**“It matters what matters we use to think
other matters with; it matters what stories we
tell to tell other stories with; it matters what
knots knot knots, what thoughts think
thoughts, what descriptions describe
descriptions, what ties tie ties. It matters
what stories make worlds, what worlds make
stories.” – Donna Harraway, *Staying with the
Trouble***

Healthy Eating on a Budget

MaryEllen Bunce

Food For Life Instructor

Physicians Committee for Responsible Medicine

How to cook dried beans

One pound (approximately 2 cups) of dry beans yields about 6 cups of cooked beans. If your recipe calls for one 15-ounce can of beans, use 1.5 cups of cooked beans, drained. There are two steps to cooking dry beans — soaking and cooking:

Soaking Beans

- You do not have to soak beans before cooking but, soaking beans allows the dried beans to absorb water, which begins to dissolve the starches that cause intestinal discomfort. While beans are soaking they are also doubling to tripling in their size. (Note: Lentils, split peas and blackeyed peas do not need to be soaked.)
- Pick through the beans, discarding any discolored or shriveled beans or any foreign matter.
- Rinse the beans well.
- Soak beans with one of these methods:
 - Hot Soak. In a large pot, add 10 cups of water for each pound (2 cups) of dry beans. Heat to boiling; boil for 2–3 minutes. Remove from heat, cover and soak for up to 4 hours. Hot soaking is the preferred method since it reduces cooking time, helps dissolve some of the gas-causing substances in beans, and most consistently produces tender beans.
 - Quick Soak. This is the fastest method. In a large pot, add 6 cups of water for each pound of dry beans. Heat to boiling; boil for 2–3 minutes. Remove from heat, cover and soak for at least 1 hour.
 - Traditional Overnight Soak. This is the easiest method. Place dry beans in a large container; for each pound of dry beans, add 10 cups of cold water. Cover and refrigerate 8 hours or overnight.
- Drain and rinse beans soaked by either method with fresh, cool water.

Cooking Beans

Cooking the beans makes them edible and digestible. Use cooked beans in your favorite recipes or refrigerate beans in shallow containers if they are to be eaten later. Freeze any extra

beans within 4 days after cooking them. Beans can be cooked by using the stovetop or a multicooker/pressure cooker.

Stovetop Instructions:

- Place beans in a large pot; cover with fresh water and bring to a boil.
- Reduce heat, cover and simmer gently until beans are tender but firm. Most beans will cook in 45 minutes to 2 hours depending on the variety. Periodically, try a taste test or mash a bean against the side of the pot with a fork or spoon. Check occasionally if you need to add more water. Here are some approximate cooking times for beans:
- Black beans: 60-90 minutes
- Great Northern beans: 45-60 minutes
- Kidney beans: 90-120 minutes
- Navy beans: 90-120 minutes
- Pinto beans: 90-120 minutes

Cooking Beans Continued

Electric Pressure cooker (instant pot) instructions:

Always refer to the manufacturer's instructions to learn more about specific cooking recommendations for your model. You do not need to soak beans when using a pressure cooker but it does cut down on cooking time.

- Place beans in a pressure cooker; cover beans with about 4 cups of fresh water (6 cups if not pre-soaked). Make sure there is about 2 inches of water above the beans.
- Seal pressure cooker and cook according to the manufacturer's instructions. Adjust cooking times as needed depending on the variety. Cooking longer will result in softer beans. Beans should be tender but not mushy.
- Here are some approximate pressure cooking times for beans:
 - Black beans: 22-25 minutes Soaked 8-10 minutes
 - Kidney beans: 25-30 minutes Soaked 7-9 minutes
 - Navy beans: 22-27 minutes. Soaked 9-12 minutes
 - Pinto beans: 25-30 minutes. Soaked 7-10 minutes
 - Chickpeas: 35-40 minutes Soaked 10-15 minutes
- Allow 20 minutes for natural pressure release after cooking. If beans are not quite tender, cook them again on high pressure for 5 minutes.
- Drain and rinse
- Beans freeze well. Freeze 1 ½ cups per container for use later when a can of beans is called for in recipe

Vegetable broth from food scraps

Don't throw away those veggie scraps - turn them into delicious homemade Veggie Stock instead! This recipe is easy to make and uses up all those odds and ends of vegetables that might otherwise go to waste

- As you are cooking and removing the tops/bottoms/skins/stems from any vegetables you are preparing (avoid vegetables like Brussels sprouts, broccoli, cabbage or cauliflower as they will add a strong taste to your stock) and collect them in a Ziplock bag in your freezer - they can stay frozen up to 6 months.
- Vegetable scraps that work well: onion ends and skins, garlic skins, celery, carrots, corn cobs, winter squash, zucchini, and other squash, beet greens, chard, parsnips, green beans, pea pods, mushrooms, asparagus, and herbs like dill, thyme, parsley, cilantro, and basil.
- Continue adding scraps to the bag until the bag is full.

When you are ready to make the broth:

- Dump the bag into a large pot and fill with water just above the vegetables.
- Bring water to a boil, cover and simmer for 60-90 minutes.
- Strain vegetables out of stock.
- Refrigerate stock for up to 5 days or freeze for up to 3 months.

Smoky Beans

- 14 -16 oz dried Black, small red or pinto Beans, soaked in water overnight
- 3 cloves Garlic, crushed
- 3 cups Vegetable Broth or water
- 1-3 Chipotle Peppers in Adobo *(from a can)
- Juice of 1 Lime
- ½-1 tsp of salt (optional)
- Steps
 - First, drain your soaked Beans and give them a good rinse.
 - Then add beans along with the Garlic, Vegetable Broth, and Chipotle Peppers to an instant pot.
 - Close the Instant Pot, set the dial to sealing, and cook on Manual for 10 minutes (check your pressure cooker manual as this may take longer in your model)
 - Let the Instant Pot naturally release pressure for at least 5 minutes, then carefully set the lid to venting and manually release pressure.
 - Remove the Chipotle Peppers from the liquid, they should be floating at the top. Carefully drain most of the liquid from the Beans. Or for more flavor use low sauté setting and boil off most of the liquid.
 - Stir in the Lime Juice and add salt if using to taste.. (Note: I like to finely dice the cooked Chipotle Peppers and mix them in with the Lime Juice to really make things spicy).
 - Serve as desired. Refrigerate leftovers in an airtight container for up to 7 days.

*If you do not have chipotle peppers or cannot tolerate heat 1 tablespoon of smoked paprika can be used.

Smoky Bean Bowls

- Cooked brown rice (save 1 cup for use in burgers if you plan to make them)
- Smoky beans
- Cooked frozen corn (cook an additional 2 cups for slaw if you plan to make tacos)
- Thinly sliced romaine lettuce or other green
- Diced tomatoes, sweet peppers etc.
- Salsa, avocado etc. for serving
- Steps
 - Layer rice, beans and topping in bowls.
 - Top with salsa, avocado etc.
 - Enjoy

Creamy beans and kale over sweet potatoes

- 2 cups smoky beans
- 1 medium yellow onion diced finely
- ½ cup vegetable broth
- ½ teaspoon garlic powder
- 1-2 tablespoons tahini (cashew or almond butter will also work)
- 2 cups chopped kale (or other greens of choice)
- 2 large sweet potatoes (bake an extra sweet potato for the burgers if you plan to make them)
- Steps:
 - Wash and halve sweet potatoes. Roast in the oven at 375 F For 40-45 minutes.
 - In a small sauté pan, sauté onion using a splash of vegetable broth until translucent
 - Add the beans, broth and garlic powder
 - When the beans are heated through, add the kale and cook for a few minutes.
 - Stir in the tahini
 - Serve over roasted halved sweet potatoes

Black bean & sweet potato burgers

- 1/2 cup cooked sweet potato
- 1 cup cooked quinoa or mixed grains
- 1 cup smoky black beans or cooked canned black beans
- 1 small red onion, chopped finely
- 1/2 cup oats, blended into a flour
- 3/4 cup walnut halves or pieces
- 2 tbsp nutritional yeast
- 1 tsp cumin
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1/2 tsp chili powder
- Salt and pepper, to taste
- Steps
 - Preheat your oven to 375F
 - Crush your walnuts roughly in a pestle and mortar, making sure you leave some larger chunks to give a crunchy bite to the burger.
 - Place the crushed walnuts along with all the other ingredients in a large mixing bowl.
 - Mash roughly with your hands and mix the ingredients together very well.
 - Form 5-6 patties and place on a parchment or silicone lined baking tray.
 - Bake the burgers for 25-30 minutes in the middle of the oven, flipping after roughly 15 minutes.

Black bean sweet potato tacos

- 2 cups smoky beans
- 1 large baked sweet potato, cooled
- 8 corn or whole wheat tortillas, warmed
- Steps:
 - Heat beans in a saucepan
 - Cube sweet potato and stir into beans.
 - Serve in tortillas with Mexican corn slaw

Mexican corn slaw

- Dressing:
 - 3-4 tablespoons fresh lime juice
 - 2-4 tablespoons vegan mayo
 - 2-3 teaspoons maple syrup/agave/sugar
 - 1 teaspoons ground coriander
 - 1/2 teaspoon salt

 - Approx 8 cups green and or red cabbage, shredded
 - 2 cups grilled sweet corn or thawed frozen corn
 - ½ cup thinly sliced red onion
 - ½ cup chopped fresh cilantro
 - 1-2 jalapeños minced
- Steps
 - In a large bowl whisk together dressing ingredients.
 - Add vegetables and toss well to coat evenly

QUESTIONS?

EVALUATION:

<https://forms.gle/7JvSy4BhYsuP2isSA>





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