

CELEBRATE: Food Holidays and Action Days

It's awfully easy to adopt an ascetic approach to food and food issues. As far as our personal disciplines go, I like the advice I got from a wise woman. Try to do the right thing, stick to your principles, 80% of the time; then don't worry about the other 20%. It's also possible that we can combine working toward collective goals for a just and sustainable food system with some fun.

If you look, you'll find that each day on the calendar celebrates some food or other. And there are many occasions to mark various food issues. Here are a few we might take advantage of in our congregations. Phina Borgeson

February 10. **World Pulses Day.** <http://www.fao.org/world-pulses-day/en/>

Have a potluck to encourage greater dependence on legume/vegetable protein in our diets.

March is **National Nutrition Month**

March 31. **Cesar Chavez Day.** Honor farm labor.

April 22. **Earth Day.** Celebrate re-skilling to reduce food waste; Eat foods lower on the food chain or “carbon farmed.”

Rogation Days. Moveable, right before Ascension Day. Celebrate your local land stewards and pray for them. Bless community gardens.

May 1. **Labor Day** around the world.

June 5. **World Environment Day.** In case you missed Earth Day because folks were on retreat or vacation after the Triduum and Easter Day.

June 8. **World Oceans Day.** Celebrate sustainable seafood. There's an aquarium or zoo near you which can help. <https://www.worldoceansday.org/>

The Sunday that begins the 3rd week in July is **National Ice Cream Day** (thank you Ronald Reagan). July 21 this year. All of July is National Ice Cream Month. Celebrate your local creamery.

First Monday in September. **Labor Day in the U.S.** Celebrate all food system workers.

September 6-8 in 2019. **Food Waste Weekend.** <http://foodwasteweekend.org/> Jam or pickle the harvest, or have a composting party. Resources for various faiths on the website.

October 16. **World Food Day.** The theme for 2019 doesn't seem to have been announced yet. Check www.fao.org

What are the cultural or seasonal food festivals in your community? How can your food ministries participate in them? What about honoring your neighbors during other religious feasts whose dates are moveable, such as Lunar New Year, Ramadan and Eid al-Fitr, and many Jewish holidays?

prepared for the AED triennial, June 2019