

“Living it Out” Project Ideas

1) Learn about food:

- a. Resources
 - i. www.cbmin.org which has further links
 - ii. Local Organic farmers/ vegetable gardeners.
 - iii. Appropriate members of the congregation.
- b. Learn about where your food comes from, what food is grown in your area, how to eat a healthy diet all year round
- c. Learn to bake bread, soup / a simple meal low on the food chain from a member of the congregation.

Act!

- Help your local farmer plant/harvest.
 - Plant a garden or help maintain or harvest at a retiree's house, an old folk's home, women or youth shelter, homeless shelter.
 - Make bread and soup and give it away
 - Parish/congregational shut – in plus visit
 - Single mums/dads,
 - Vulnerable person etc.
 - Soup Kitchen
 - Cook a meal as a fund raiser for the soup kitchen, homeless shelter, missions etc
 - People subscribe and pick it up on the way home **or**
 - Youth host a sit-down meal.
 - Having people pay by donation works well
- Connections: Building community by working together on a project, learning how to cook and eat lower on the food chain using local food and supporting sustainable agriculture, reducing GHG's/air pollution from transportation, reducing packaging. and associated consumption.

2) Learn about water:

- a. Resources
 - i. As on www.cbmin.org
 - ii. www.davidsuzuki.org
 - iii. Council of Canadians
 - iv. NBLA Backgrounder on water

Act!

- Personal Commitments: Such as:
 - Drink only tap water

- Take fewer, shorter showers
 - Install, or get parents to install water-saving devices.
 - Buy less stuff
- Group Projects:
- Start campaign to stop drinking bottled water in your church or community.
 - Make sure your facility has water-saving devices.
 - Hold a fund raiser to for a well, storage tank or water filters for a Third World Nation.
 - Raise funds for water-saving toilets at your church.