ORGANIZED APPETIZERS

UNITED METHODIST WOMEN MEMBERS TAKE THEIR “STARTERS” SERIOUSLY. THROUGH PRAYER VIGILS, LETTER WRITING, MARCHES AND PURCHASING POWER, UNITED METHODIST WOMEN HAS BEEN PURSUING THE JUSTICE OF FOOD.

FRIED PICKLES 5 YEARS
Fried dill pickles served with a side of creamy dipping sauce.
The United Methodist Church supported the boycott of Mt. Olive Pickle Co. by the Farm Labor Organizing Committee for five years. The boycott called for collective bargaining to improve working conditions for farmworkers in North Carolina.

BRUSCHETTA 1.5 CENTS
Grilled bread rubbed with garlic topped with fresh grown tomatoes and basil.
United Methodist Women members have supported the Coalition of Immokalee Workers in Immokalee, Fla., to get paid 1.5 cents per pound more for the tomatoes they pick.

TAPENADE 6111
Finely chopped olives and capers served with crusty bread.
United Methodist Church General Conference passed Resolution 6111, which called for a boycott of all products made by Israeli companies operating in the occupied Palestinian territories. The continuing confiscation of Palestinian land for construction of settlements violates human rights and subverts the peace process.

ENVIRONMENTAL ENTRÉES

WE KNOW THAT OUR CARS AND THE USE OF ELECTRIC POWER ADVERSELY IMPACT THE ENVIRONMENT. HOWEVER, THE FOOD WE CHOOSE TO EAT CAN BE EVEN MORE DAMAGING TO THE ENVIRONMENT THAN OUR ENERGY USE.

HAMBURGER 3.72 LBS. CO2
A 1/4 pound burger served with french fries and a side of steamed vegetables. (The high CO2 emissions from french fries is from their processing.)
Large-scale livestock production generates significant amounts of methane and nitrous oxide—potent greenhouse gases. Pound for pound, beef production generates greenhouse gases that contribute more than 57 times as much to climate change as do the gases emitted from producing potatoes. If one person exchanges meat for a vegan diet, she will reduce carbon emissions by 1.5 tons per year.

CHICKEN 1.56 LBS. CO2
Chicken breast (1/4 pound) served with rice and steamed mixed vegetables.

VEGGIES .97 LBS. OF CO2
Black beans and rice served with steamed mixed vegetables and a slice of bread.
FOOD—DESSERT—DOES NOT HAVE TO BE GUILT RIDDEN. THROUGH OUR PURCHASING POWER, WE CAN ENCOURAGE COMPANIES TO TREAT THEIR WORKERS FAIRLY AND PRODUCE FOOD THAT IS GOOD FOR US AND THE ENVIRONMENT.

**CHOCOLATE CAKE** 1.8 MILLION

It is estimated that more than 1.8 million children in West Africa are involved in growing cocoa. These children face exploitative child labor as well as trafficking. Buying fairly traded chocolate can end the exploitation of children in cocoa fields and guarantee that small farmers are paid a fair wage.

**STRAWBERRY SHORTCAKE** 40 FARMS

Certifying 40 farms, including Andrew & Williamson’s strawberry fields, is the 2014 goal of Equitable Food Initiative (EFI) to ensure that there are fair working conditions, food safety and environmental sustainability. Equitable Food Initiative represents food retailers, growers, non-governmental organizations and farmworker organizations to improve working conditions, pesticide management and food safety in the produce industry. Ask your local supermarket to explore EFI certification for their suppliers.

---

**GRATUITY** 70 PERCENT

Six of the 10 lowest-paying jobs in the United States are restaurant jobs, and 70 percent of tipped restaurant workers are women. Although the federal minimum wage is $7.25 per hour, the minimum for workers who receive tips is just $2.13. Tips are supposed to make up the difference, but in reality they don’t. When your only hourly guaranteed wage is $2.13, you live off tips. Many of the women who put food on our tables cannot afford to feed their families. Servers use food stamps at double the rate of the rest of the U.S. workforce and are three times as likely to live in poverty.\(^3\)

---


1 lb. beef emits 5.74 pounds of CO2—the serving of hamburger above is 1/4 lb. = 1.435.
1 lb. chicken breast emits 2.69 pounds of CO2—the serving of chicken is 1/4 lb. = .675.
1 lb. dried rice emits 1.77 pounds of CO2—the serving is 1/20 lb. = .085.
1 lb. dried beans emits 1.07 lbs. of CO2—the serving is 1/20 lb. = .0535.
1 lb. vegetables (average) emits 1.6 lbs. of CO2—the serving is 1/2 lb. = .8.
1 lb. bread emits .63 lbs. of CO2—the serving is 1/20 lb. = .0315. A hamburger bun is 1/8 lb. = .0787. French fries emit 5.71 lbs. of CO2/lb.—a serving is 1/4 lb. = 1.42.
