

Honoring the Food

We appreciate that the earth, the sky, the rain, and the sun made this food possible.

We thank those who have made this food available, especially the farmers, the drivers, the workers at the market, and the chefs.

We only put on our plate as much food as we can eat.

We chew the food slowly, so that we can savor.

We eat in a way that protects the environment, and minimizes climate change.

We eat to be healthy, to be happy, to be more present and productive.



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