

We are leading a transformative movement deeply weaving sustainability into the fabric of Jewish life, in order to create a healthier, more sustainable, and more equitable world for all.

amazon

Why Hazon focuses on food choices:

- ❖ Reducing food waste and plant-rich diets are near the very top of actions needed to reverse climate change!
- ❖ “Changing how we eat will not be enough, on its own, to save the planet, but we cannot save the planet without changing how we eat.”
- ❖ Food is central to Jewish life and tradition. Jews have been thinking about kashrut – what is “fit” to eat – for 3,000 years.
- ❖ You know you’ve stumbled on good solutions when they fix more than one problem: climate change, many other environmental issues, hunger, animal welfare, and personal health.
- ❖ Reducing food waste and experimenting with plant-rich diets are actions that can be taken immediately, don’t require special knowledge or training, can be done incrementally, and generally are cost neutral or even save money!

הוא היה אומר, לא עליך המלאכה לגמר, ולא אתה בן חורין לבטל ממנה

“He [Rabbi Tarfon] used to say: **It is not your duty to finish the work, but neither are you at liberty to neglect it.**”

- Rabbi Tarfon, Pirkei Avot, 2:16

Judaism mandates that people should diligently preserve their health and their lives. Numerous peer-reviewed studies in respected medical journals have linked animal-based diets to heart disease, stroke, several forms of cancer, and other life-threatening diseases. Also, the widespread mistreatment of animals makes future pandemics more likely, with its associated negative health effects.

Judaism forbids *tsa'ar ba'alei chayim*, inflicting unnecessary pain on animals, most farm animals -- including those raised for kosher consumers -- are raised on "factory farms" where they live in cramped, confined spaces, and are often drugged, mutilated, and denied fresh air, sunlight, exercise, and any enjoyment of life, before they are slaughtered and eaten.

Judaism teaches that "the earth is the Lord's" (Psalm 24:1) and that we are to be God's co-workers in preserving the world. Modern intensive livestock agriculture contributes substantially to climate change, soil erosion and depletion, air and water pollution, overuse of chemical fertilizers and pesticides, the destruction of tropical rain forests and other habitats, as well as other environmental damage.

Judaism mandates *bal tashchit*, that we are not to waste or unnecessarily destroy anything of value, and that we are not to use more than is needed to accomplish a purpose. Animal-based agriculture requires the wasteful use of grain, land, water, energy, and other resources. For example, it takes up to 13 times more water for a person on an animal-based diet than for a person on a plant-based diet, largely due to vast amounts of water needed to irrigate land used to grow feed crops.

Judaism stresses that we are to assist the poor and share our bread with hungry people. Over 70% of the grain grown in the United States is fed to animals destined for slaughter, while an estimated nine million people worldwide die annually because of hunger and its effects and over ten percent of the world's people are chronically malnourished.

Judaism stresses that we must seek and pursue peace and that violence results from unjust conditions. Animal-centered diets, by wasting valuable resources, help to perpetuate the widespread hunger and poverty that eventually lead to instability and war. According to climate experts, there will be tens of millions of desperate refugees fleeing from heat waves, droughts, wildfires, storms, floods, and other effects of climate change, and this will make terrorism and war more likely, according to military experts.

- Credit to Richard Schwartz

“Everyone will eat a meal relatively soon and can immediately participate in the reversal of climate change.”

~~CRISIS~~
OPPORTUNITY!



For two thousand years, we have asked is this food fit for me to eat?

And the word for “fit” is, as we know, kosher.

How did we teach our kids, generation after generation to restrain their food choices? To eat certain things, but not others. To control their appetites and ours, literally, rather than have them control us?

With Jewish communities and beyond we must now say: we are living proof that limiting our food choices doesn't diminish our happiness, it increases it.

~Nigel Savage, Founder of



We BLESS our food!

Bread

Barukh ata Adonai Eloheimu melekh ha'olam hamotzi lehem min ha'aretz.

Blessed are You, Lord our God, Ruler of the universe, who brings forth bread from the earth.

ברוך אתה יי, אלהינו מלך העולם,
המוציא לחם מן-הארץ.

Wine & Grape Juice

Barukh ata Adonai Eloheimu melekh ha'olam borei p'ri hagafen.

Blessed are You, Lord our God, Ruler of the universe, who creates the fruit of the vine.

ברוך אתה יי, אלהינו מלך העולם,
בורא פרי הגפן.

Fruit

Barukh ata Adonai Eloheimu melekh ha'olam borei p'ri ha'eitz.

Blessed are You, Lord our God, Ruler of the universe, who creates the fruit of the tree.

ברוך אתה יי אלהינו מלך העולם,
בורא פרי העץ.

Vegetables

Barukh ata Adonai Eloheimu melekh ha'olam borei p'ri ha'adamah.

Blessed are You, Lord our God, Ruler of the universe, who creates the fruit of the ground.

ברוך אתה יי אלהינו מלך העולם,
בורא פרי האדמה.

Grains

Barukh ata Adonai Eloheimu melekh ha'olam borei minei mezonot.

Blessed are You, Lord our God, Ruler of the universe, who creates varieties of nourishment.

ברוך אתה יי אלהינו מלך העולם,
בורא מיני מזונות.

Miscellaneous Food (meat, poultry, eggs, fish, dairy products, candy)

Barukh ata Adonai Eloheimu melekh ha'olam shehakol niyah bidvaro.

Blessed are You, Lord our God, Ruler of the universe, at whose word all came to be.

ברוך אתה יי אלהינו מלך העולם,
שהכל נהיה בדברו.



Does individual action matter? YES!

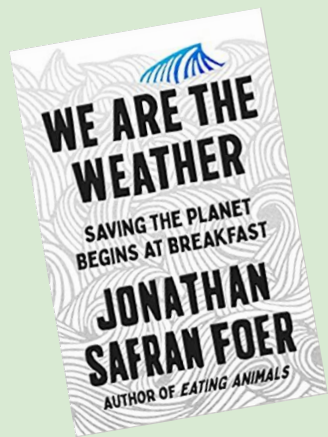
“Our personal choices refract into larger reality. Plus, **by acting from a place of personal transformation and empowerment, we are readying ourselves to welcome and fight for the large scale changes** around climate that we need and that are coming, priming ourselves for the systems level changes that are on their way.”

- Rabbi Nate deGroot, Hazon

Yes, Jews make up only 1.9% of America’s population. The American Jewish community’s carbon footprint is in the neighborhood of 102.4 million metric tons of CO₂.

If our community were a country, 157 countries would pollute less than we do.

Approximation based on Hazon research using the per capita carbon emissions of an average American and an estimate for total number of Jews living in America and listing of carbon emissions by country.



“Unless you buy your food in secret and eat in a closet, you don’t eat alone. Our food choices are social contagions, always influencing others around us—supermarkets track each item sold, restaurants adjust their menus to demand, food services looks at what gets thrown away. We eat as families, communities, generations, nations, and increasingly as a globe. Individual consumer choices can activate collective action that is generative. **We couldn’t stop our eating from radiating influence even if we wanted to.**”

- Jonathan Safran Foer, We Are the Weather: Saving the Planet Begins at Breakfast

“Our tradition teaches that our lives have significance. Our God, we believe, gave the gift of Torah, a book of stories, almost every one of them a story of hope and of human significance: Avraham and Sarah, Hagra, Rebecca, Rachel, Leah, Jacob, Pharaoh’s daughter, Moses. These stories of hope and significance went on to inspire us for twenty centuries. **Our people’s stories are the stories of how one person really can change the world.** That’s what it is to be heir to Jewish tradition. This is so central to Jewishness that it is easy to forget its power and significance. With this sense of significance, we can start to face climate change.”

- Nigel Savage, founder of Hazon

Practical: Don't make perfect the enemy of the good.

הוא הֵיָה אוֹמֵר, לֹא עָלֶיךָ הַמְלָאכָה לְגַמֵּר, וְלֹא אַתָּה בֶן חוֹרִין לְבַטֵּל מִמְנָה

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A roadmap for Jewish institutions to become healthier and more sustainable through education, action, and advocacy.

Hazon Seal of Sustainability - Since 2015:



- 200 Jewish institutions across 19 states have participated; 90 active sites
- More than 400 sustainability projects undertaken



Jewish Climate Leadership Coalition

Our aspiration:

1,500 Jewish institutions across the US reduce their GHG emissions by 50% by 2030!



From inspiration to ACTION!



Food Policy Toolkit

Learn what is a food policy, why you should have one for your organization, and see examples of successful food policies.

Read More...

[Go To Resource](#)



Transition to Plant-Rich Food Toolkit

Learn ways to transition into a plant-rich diet to reduce contributions to climate change.

Read More...

[Go To Resource](#)

[OPEN TOOLKIT](#)



Food Waste Reduction Toolkit

Steps to effectively reducing food waste.

Read More...

[Go To Resource](#)



Food and Climate Movie List

List of movies and resources to help drive discussion about food and climate.

Read More...

[Go To Resource](#)



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Driving Systemic Change to Create a More Sustainable World for

Hazon Seal of Sustainability

[Hazon Seal Assessment](#)

[Energy And Water Assessment](#)

[Waste Management Assessment](#)

[Education And Advocacy Assessment](#)

[Food Choices Assessment](#)

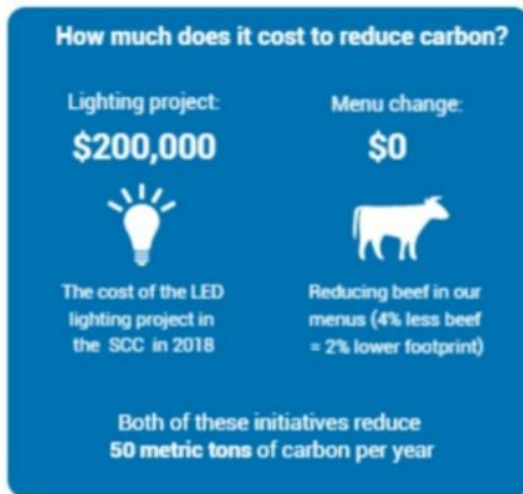
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Get bang for your buck!

The results may surprise you



SOME PROJECT IDEAS:

- Use “DefaultVeg” strategies
- Have Meatless Xxxdays
- Swap it / substitutes
- Join JIFA’s Jewish Leadership Circle or HSUS’s Forward Food pledge
- Create a food policy
- Host a plant-based foods tasting party
- Conduct a food waste audit
- Do buffets thoughtfully
- Have plans for leftovers (reuse, donate)



Sign up today at [Hazon.org/Brit](https://hazon.org/Brit).



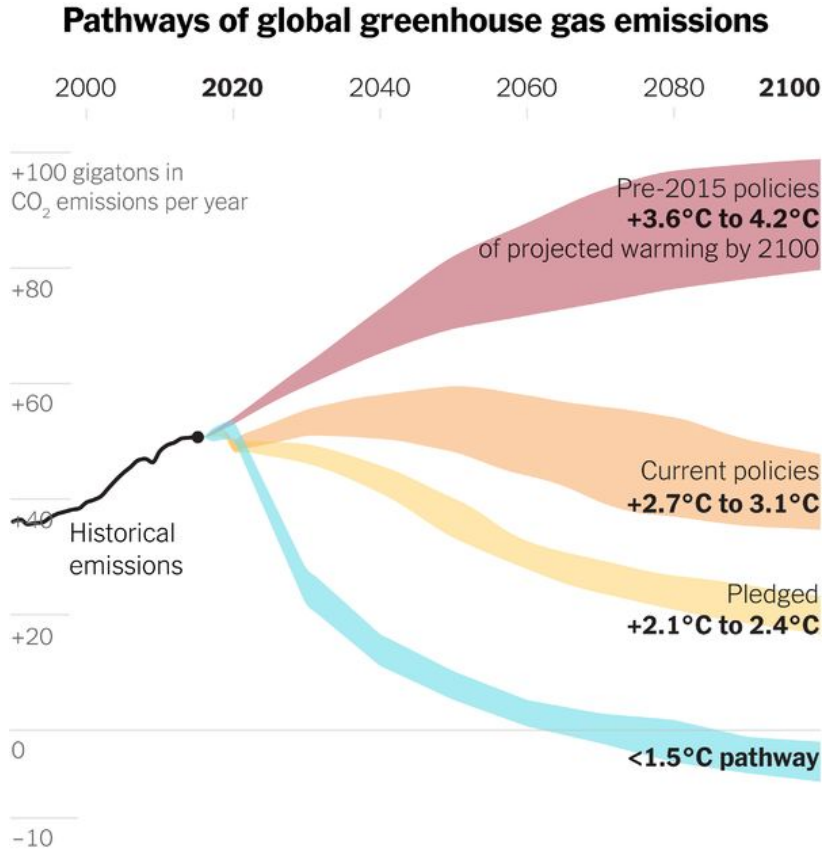
Six commitment choices:

- [Experiment Plant-Rich Diet](#)
- Reduce Food Waste
- Reduce Energy Use
- Reduce Household Waste
- Buy Less Stuff
- Get Growing / Buy Local

6 weeks - 1 commitment - 1-3 actions

“Hope is a verb with its sleeves rolled up.”

- David Orr, environmentalist



Before 2015, the world was expected to warm by about four degrees Celsius by 2100. Today, the world is on track for three degrees Celsius. And if the world's leaders meet their current commitments, the planet would warm by [around two degrees Celsius](#). That is not enough to declare victory.

The standard goal world leaders have embraced to avoid the worst consequences of climate change is to keep warming below 1.5 degrees Celsius by 2100. Unfortunately, that does look increasingly unreachable, experts say. But **every drop in degrees matters**. One-tenth of a degree may sound like very little, but it could save lives—by preventing more wildfires, droughts, floods and conflicts over dwindling resources.

And **while the best outcome now seems doubtful, so does the worst.**

A sticky paradox: Hope is essential for inspiring climate action, but the climate crisis can lead to hopelessness and inaction. The good news is ... **Climate hope is justified:** Against the backdrop of scary climate trends are reassuring developments: Technology is evolving quickly, costs are falling fast, renewable energy is growing exponentially, policies are taking hold, activism is thriving, public opinion is shifting and public interest is growing, and the health benefits of climate action are clear.