

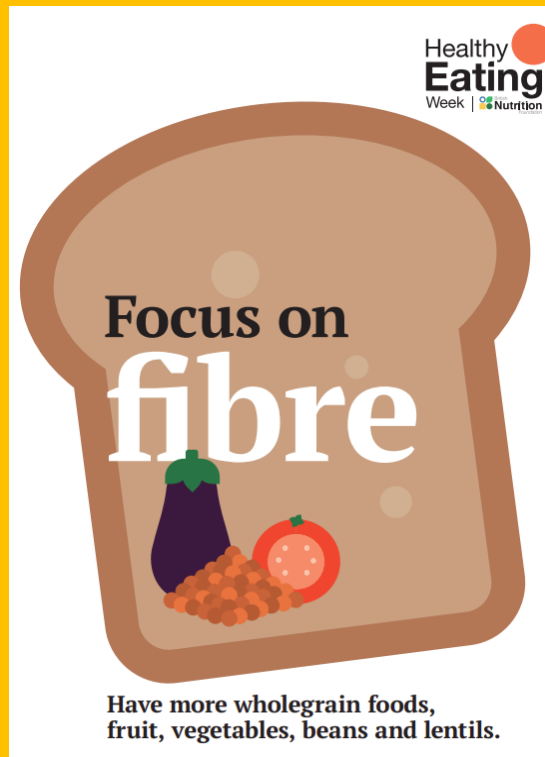
SIGN OF THE CROSS AND GATHER

Our prayers today and this week focus on the importance of healthy eating and the important role that fibre plays on maintaining a healthy digestive system and keeping us fuller for longer.

WE LISTEN

"Better is a piece of dry bread where there is peace, than a house full of feasting along with quarrelling"

Proverbs 17:1



RESPONSE

Dear Lord,
our bodies are the temple of the Holy Spirit who lives in us and was given to us by You. We aim to be good stewards over the bodies that You have given to us. Lord, because we realise that the food we put in our bodies can impact our mental, emotional, physical and spiritual capabilities, we declare that we will try to improve our eating habits and will include exercise in our daily activities.

Amen

MISSION

Fibre is essential for good digestion. It also helps to keep us fuller for longer.

This week challenge yourself to eat more fibre (wholegrain foods, fruits and vegetables).

On the menu in the canteen today: Sandwiches (brown bread), salad bar and fruit pots.

SIGN OF THE CROSS AND GATHER

Our prayers focus eating our 5-a-day. Fruits and vegetables provide us with a range of vitamins and minerals that help our bodies to function to their optimal levels.

WE LISTEN

“To keep the body in good health is a duty, otherwise we will not be able to keep our mind strong and clear”

Buddha



RESPONSE

Dear God,

Please help us to make the right choices today. Help us to choose foods that fuel our bodies and our minds. Help us to keep choosing health.

Amen

MISSION

Most teenagers eat less than 3 portions of fruit and vegetables per day!
Count how many fruits and vegetables you eat today. Aim to eat a wider variety so that you are accessing a range of vitamins and minerals.

On the menu in the canteen today: Salad bar, veggie chili, fruit pots.

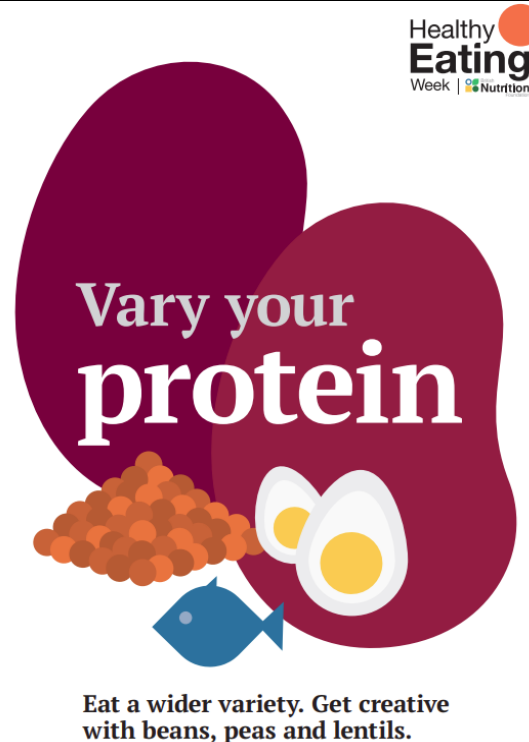
SIGN OF THE CROSS AND GATHER

Our prayers today focus on the importance of protein in our body and the impact that going meat-free, even just for one meal per week, can have on our health and the planet.

WE LISTEN

“Better is a dish of vegetables
where there is love than a
fattened bull where there is
hatred’

Proverbs 15:17



RESPONSE

Dear Lord,
Give me the power to control my mind
and heart, that I may not be a slave to
habits that may keep me from eternal
love and blessedness. May I have
sympathy and compassion for others
and cherish thy tenderness and mercy as
I hold it in my daily life.

Amen

MISSION

Protein is essential for growth and repair of muscles.

Try and vary your protein to increase your fibre intake while having a beneficial effect on the planet. This includes beans, pulses, lentils, nuts and more. Why not try a meat-free meal today?

On the menu in the canteen: Potato gnocchi dumplings, basil pesto.

SIGN OF THE CROSS AND GATHER

Our prayers today focus on keeping your body hydrated. Water is essential to life, it helps hydrate all our cells, cools us down, gets rid of waste and so much more.

WE LISTEN

'So I recommend rejoicing because there is nothing better for man under the sun than to eat and drink and rejoice. This should accompany him as he works hard during the days of his life'

Ecclesiastes 8:15



RESPONSE

Lord,
You are the living water. And I am parched and dry. I feel thirsty for your presence and am longing to be with you. You can make water flow from the rock, streams flow in the desert, and you can make the living water flow in my life. I come to you thirsty, knowing that in you I will be refreshed.

Amen

MISSION

How much water do you drink per day? We should aim to have at least 6-8 glasses of fluids, this includes water, cordial, milk, unsweetened tea and coffee.

Aim to increase your intake!

SIGN OF THE CROSS AND GATHER

Our prayers focus on reducing food waste to help benefit the planet and our pockets too! Households in the UK throw away approximately 7 million tonnes of food per year, with the most wasted ingredients being potatoes, bread and milk!

WE LISTEN

“Throwing away food is like stealing from the table of those who are poor and hungry”

Pope Francis



RESPONSE

Dear Lord,
Give us the patience, grace and reverence to stop wasting so much food. Help us to buy what we need, and savour all our food as we consume it. May we be always grateful for the blessings of strength and flourishing that come from our food. And may we recommit ourselves to finding ways to get food to those who are hungry.

Amen

MISSION

Reduce food waste and save money at the same time by:

1. Meal planning – only buy what you need.
2. Check use-by and best before dates – use foods that are going out of date first.
3. Freeze foods that you are not going to use straight away.