



This Kiddush is Vegetarian

“A righteous person considers the needs of his animal.”

Mishlei (Proverbs) 12:10

“When Moshe. . .was tending to the flock of Yitro in the wilderness, a little kid escaped from him. [Moshe] ran after it until it reached a shady place. When it reached the shady place, there appeared a pool of water, and the kid stopped to drink. When Moshe approached it, he said: ‘I did not know that you ran away because of thirst; you must be weary.’ So he placed the kid on his shoulder and walked on. Then G-d said: ‘Because you have mercy in leading a flock of creatures, so you will surely shepherd my flock, Israel.’”

*Shemot (Exodus) Rabbah 2:2**

Raising animals for food is much harder on our environment than growing vegetables. Producing one calorie of animal protein uses ten times as many carbon dioxide emitting fossil fuels than it takes to produce one calorie of vegetable protein. Clear-cutting of forests to create grazing land for cattle in the United States and in Central America is causing devastating deforestation and the destruction of rainforests. One pound of beef requires about 2600 gallons of water as compared with 25 gallons for one pound of wheat. Eating vegetarian is also consistent with the Jewish value of *tza'ar ba'alei chaim* - the concern for animal welfare.

* Sources were taken from “Compendium of Sources in Halacha and the Environment” by Canfei Nesharim www.canfeimesharim.org



You are eating off of biodegradable paper goods

“Whoever breaks vessels, or tears garments or destroys a building, or clogs a well or does away with food in a destructive manner violates the negative mitzvah of bal tashchit (not to destroy/waste)”

*B.T., Tractate Kiddushin 32a**

The paper goods you are eating from today are made from sugar cane, grass, reed plasma, potato and corn starch and other biodegradable and 100% recycled materials. Trees were not cut down to produce them. The plates are fully biodegradable within about 2 weeks, and the forks will take about 1 year to biodegrade fully. Please be sure to recycle any bottles, cans, or glass.

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You are eating locally grown produce

The following text is a source text for the negative mitzvah of *bal tachit*, the prohibition against wanton destruction of the natural world.

“When in your war against a city you have to besiege it a long time in order to capture it, you must not destroy its trees, wielding the ax against them. You may eat of them, but you must not cut them down. Are trees of the field human to withdraw before you into the besieged city? Only the trees that you know do not yield food may be destroyed . . .”

Deuteronomy 20:19-20

Much of the produce we eat is shipped thousands of miles by trucks and airplanes to get to us creating a major environmental impact. The food is often harvested before it's ripe to allow time for shipping, and is stored for long periods of time before it reaches your shelves making it less tasty and nutritious. Buying locally grown produce reduces these “food miles,” thereby reducing the amount of carbon dioxide emitting fossil fuels polluting our environment, and boosts the local economy by supporting local farmers. Also, the produce is fresher and seasonal so it tastes better and is better for you!



You are eating organic produce and drinking organic wine and grape juice

*“The Lord G-d took the man and placed him in the Garden of Eden, to till it
and tend it.”*

Genesis 2:15

We must grow crops in an environmentally responsible and healthy way.
Organic produce meets certain production standards including growth without
the use of conventional pesticides, artificial fertilizers, and ionizing radiation.
Organic crops are better for the Earth and for us!



You are drinking shade-grown coffee

“When G-d created the first human being, G-d led them around the Garden of Eden and said, “Look at my works! See how beautiful they are -now excellent! All has been created for your sake . . . So reflect on this, and take care not to foul or destroy my world. For if you do, there will be none to repair it after you. And what is worse, you will bring death even to the righteous people in the future.”

*Midrash Ecclesiastes Rabbah 7:13**

Coffee and cocoa growth is contributing to clear-cutting and destruction of rainforest in Central America, the Caribbean and Columbia. The few remaining forests, essential shelters for migratory birds whose natural habitats have been destroyed, are also the sight of many coffee and cocoa plantations. By purchasing shade-grown coffee and cocoa you are supporting farmers who have chosen to grown their crops without destroying the surrounding forests.

* Source was taken from the Coalition on the Environment and Jewish Life’s learning materials www.coejl.org



Please recycle any bottles, cans and plastic

Any food left over from this Kiddush will be given to

*“Of all which the Holy One blessed be He created in this world, He created nothing without a purpose.”**

B.T. Shabbat 77b

We are committed to producing less unnecessary waste. Please recycle bottles, cans and plastic in the appropriate receptacles and only take what you intend to eat on your plate.

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