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but the Earth remains forever.”*

Ecclesiastes (Kohélet) 1:4

**The Riverdale Y
and the
Riverdale Green Team
Present**

Green Kiddush In a Box



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Green Kiddush In a Box

Welcome to **Green Kiddush In A Box**, an electronic resource to help you plan a **Green Kiddush** at your synagogue. Included in this electronic package are suggestions for the kinds of food, products, educational signage and programming that might comprise a **Green Shabbat or Holiday Kiddush** as well as links to websites with ideas for divrei Torah and other Green Jewish programs. Plan your **Green Kiddush** around Tu b'shevat, Sukkot or Shavuot, or present this as an option to families planning a simcha.

Why host a Green Kiddush at your synagogue?

1. To educate your community about everyday sustainable choices we can make at our synagogues and at home.
2. To demonstrate to yourself and your community how easy it is to make these choices once you set your mind to it.
3. To inspire your community to make sustainable choices throughout the year. Though it might not seem possible to do a full **Green Kiddush** every Shabbat, choose one or two aspects you can commit to on a regular basis, such as purchasing shade-grown coffee or locally grown produce.
4. Because making and modeling sustainable choices is consistent with the Jewish value of *Bal Tashchit*, the prohibition against destroying the natural world.

We hope this package will make it easy to implement a **Green Kiddush** at your institution. You don't have to follow all of the suggestions here to make your Kiddush “**Green**”- choose what makes sense for your community, what is affordable and manageable. Like all things **Green** this is an **Organic** resource that we hope will grow and change as our community generates more ideas we can incorporate. Future “upgrades” will include the Jewish texts in Hebrew and more programmatic resources. Please share your feedback and new ideas with us by sending an email to Rachel Jacoby Rosenfield at the Riverdale Y (rrosenfield@riverdaley.org). We are thrilled to share these materials, a lot of time and work has gone into creating them: Please acknowledge the Riverdale Y and the Riverdale Green Team on all materials you use in association with **Green Kiddush in A Box**. Also, please refrain from forwarding this information to other organizations, synagogues, etc. If others are interested please have them contact Rachel Jacoby Rosenfield directly.

When you hold a **Green Kiddush**, please let us know about it!

Thanks for doing your part to **Green Riverdale!**

*The Riverdale Green Team is composed of representatives of Riverdale synagogues and the Riverdale Y who collaborate to promote Green living in Riverdale. Please contact Jessica Haller for more information, jesshaller@yahoo.com



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Green Kiddush In a Box

Planning Your Green Kiddush Steps, Ideas and Materials



Choose a date for your Green Kiddush

Some suggested dates for 2008, 5768-5769 include:

Tu B'Shevat-January 19, Shabbat Shira

Riverdale Environmental Fair Weekend-May 17,

Parshat Behar*

Shavuot-June 9-10

Sukkot- October 14-15, Shabbat October 18

Any Shabbat

[Though they are thematically good times, this year both Arbor Day (4/25) and Earth Day (4/22) fall during Pesach]

*On May 18, there will be a Community-Wide Environmental and Recycling Fair at the Riverdale Y.

Get out the Green Word

Send out a save the date via email or evite

Print announcements on recycled paper (and indicate that you've done so)

Plan a Green Oneg

What does it mean to plan a Green Oneg? It means making choices about what you serve and how you serve it that reduce unnecessary consumption, waste and harmful impact on the environment and our bodies.

Remember that consumption, waste and environmental impact occur from the moment a seed is planted or an animal is born all the way through to our decision about what to purchase and eat and how to dispose of what's leftover. Below is a list of ideas about how to **green** your Kiddush. You do not have to do everything here to make your Kiddush **green** - choose what is most realistic for your community. **And when you go shopping don't forget to bring reusable cloth bags!**

Make it Vegetarian

Why? 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 2500 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.

Serve Locally Grown Produce

Why? 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!

Where? Look for locally grown produce at local farmer's markets, Greenmarkets and Community Supported Agriculture cooperatives (CSAs). The Riverdale Neighborhood House CSA runs from May-November. Go to www.cenyc.org/greenmarket

or www.localharvest.org and enter your area code, these sites will list locations and times of operation for local farmers markets and Greenmarkets near you.

How? As a great Hebrew school project, particularly related to Tu BiShevat, children learn about the 7 species of Israel and then do research to identify the “7 species of Riverdale,” seven fruits/vegetables indigenous to our area.



Serve Organic Produce

Why? Organic produce meets certain production standards including growing without the use of conventional pesticides, artificial fertilizers, and ionizing radiation. Conventional pesticides can cause harm to animals, to humans and to the environment. Organic crops are better for us and for the Earth!

Where? Same as above, Stop and Shop and most grocery stores

Serve Organic Wine and Grape Juice

Why? Grapes are sprayed with pesticides that cause harm to animals, to humans and to the environment.

Organic grapes are pesticide-free

Where? Skyview liquor and other local liquor stores

Serve Finger Foods

Why? Reduce the amount of waste you create and money you spend by using plastic cutlery. Finger foods might include: crudités (cut vegetables), baby carrots, dried fruit, pretzels, cookies, etc.

Serve “Shade -Grown” Coffee

Why? 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 grow their crops without destroying the surrounding forests.

Where? Fairway Uptown, Trader Joe’s, most grocery stores

Serve Water in Pitchers

Why? Plastic water bottles are a major source of land and air pollution. When they are not recycled they take up a significant amount of landfill space and they emit dangerous air pollutants when going through the process of incineration.

continued ...

Purchase Biodegradable Paper Products or Glassware

Why? Styrofoam and disposable paper products make up the largest portion of municipal solid waste according to the Environmental Protection Agency. This means that after we throw these products “away” they occupy a tremendous amount of land-fill space and take decades to break down. When they do break down they emit harmful greenhouse gases, CO2 and methane. If you were considering purchasing glass plates to use at your Kiddushim, now is the time to do it!

Where? Riverdale resident Saul Teplitsky sells serving-ware made out of biodegradable sugarcane and corn. He will give Riverdale synagogues a 10% discount off his regular price and deliver the products himself. You can reach him at saultep@gmail.com and check out his website www.theearthshack.com. The prices for Kiddushim (before the discount) are as follows:

100 people: 250 Green Wave Plates, 300 Green Forks, 250 Corn Cups, 300 Recycled Napkins \$85 (-10% for Riverdale Synagogues)

250 people: 500 Green Wave Plates, 750 Green Forks, 600 Corn Cups, 800 Recycled Napkins \$195 (-10% for Riverdale Synagogues)

500 people: 1000 Green Wave Plates, 1500 Green Forks, 1200 Corn Cups, 1600 Recycled Napkins \$390 (-10% for Riverdale Synagogues)



Create a Green Decor:

Use cloth tablecloths instead of disposable ones: even with the water it takes to launder them, you are reducing your impact on the environment (remember, it takes lots of water to grow the trees and to run the factories that create the paper table cloths).

Create “Green” Centerpieces: Children can make art from recycled materials, for example, children can use recycled cardboard boxes to create frames for the information sheets (see below) to be displayed at your Kiddush. Canned goods can be used as centerpieces and later collected for a food drive. If you want flowers, use potted plants and flowers that will be replanted outside to beautify your grounds!

Limit the Amount of Waste you Create:

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Make recycling receptacles available: It’s not only the right thing to do, it’s the law!

Make composting available where possible. Encourage people to **take only what they will realistically eat**

Donate leftover food to a local hunger project or soup kitchen such as City Harvest

www.cityharvest.org or POTS (Part of the Solution)

www.potsbronx.org. Raising fuel costs and the attendant rise in food prices has left these agencies with inadequate supplies.

Clean up with Green cleaning supplies, see www.earthshack.org for more information, it’s healthier for you maintenance staff and your community

continued ...

Finally, Inform and Educate about your Green Choices:

Green Information Sheets:

The pages that follow can be printed out (on recycled paper) and placed in reusable lucite frames on the tables during your Green Kiddush. (Even better, have the children in the congregation design and decorate frames made from recycled cardboard). These signs help to explain the Green choices you've made and to link them to relevant Jewish values and texts. Please feel free to make changes so that these signs best reflect your choices. Please acknowledge the Riverdale Y and the Riverdale Green Team on all materials you use in association with Green Kiddush in A Box.



Invite a Speaker or Give a D'var Torah:

The following Jewish environmental organizations have links to speaker's bureaus, ideas for educational programs and Jewish texts to help you plan your program or D'var Torah:

The Coalition on the Environment and Jewish Life www.coejl.org

Canfei Nesharim www.canfeinesharim.org

Hazon www.hazon.org

Teva Learning Center www.tevacenter.org

In addition, there are many individuals in our community who can address topics related to Judaism and the environment. Please contact Rachel Jacoby Rosenfield at the Riverdale Y for more information 718-548-8200, ext. 237.

Host a Tu BiShevat Seder:

For more ideas check out the following links:

<http://www.canfeinesharim.org/uploads/11708ANBHaggadah.pdf>

<http://www.canfeinesharim.org/uploads/11515food.pdf>

http://www.canfeinesharim.org/uploads/11515bal_taschit.pdf

<http://www.coejl.org/~coejlor/tubshvat/celebrate/tubshabhag.pdf>

<http://www.ivritype.com/toolkits/tubstk12.pdf>

www.mosaicoutdoor.org/joomla/index.php?option=com_docman&task=doc_download&gid=28&Itemid=46

Take it Home:

Copy (on recycled paper) the attached take-home information cards with ideas for how to green your home and your life. There are three to a sheet on the next page to reduce the need for excessive copying.

(Put this on your fridge!)

What YOU Can Do to Appreciate the Earth

- Choose a fuel-efficient, low-polluting car.
- Whenever practical, walk, bicycle, or take public transportation.
- Buy organic produce when it is available.
- Eat less red meat.
- Eat sustainable seafood.
- Reduce the environmental costs of heating and hot water.
- Install efficient lighting and appliances.
- Choose an electricity supplier offering renewable energy.
- Don't leave your lights on for Shabbos. Use a timer!



From "The Consumer's Guide to Effective Environmental Choices," by Dr. Michael Bower and Dr. Warren Leon

Want to learn more about halacha and the environment? Visit www.canfeinesharim.org

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Green Kiddush Planning Sheet

Check-List

- Choose a Date
- Get out the (green) Word

Planning the Oneg:

- Make it Vegetarian
- Serve Locally Grown Produce
- Serve Organic Produce
- Serve Organic Wine/Grape Juice
- Serve Shade-Grown Coffee
- Serve Water in Pitchers
- Purchase Biodegradable Paper Products or Glass
- Use Cloth Tablecloths
- Create Green Centerpieces
- Make Recycling Receptacles Available
- Print and Display Green Kiddush in a Box Information Sheets
- Plan Green Programming (speaker or d'var Torah)
- Print and Distribute Take it Home Pieces





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.

*Source was taken from “Compendium of Sources in Halacha and the Environment” by Canfei Nesharim
www.canfeinesharim.org



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.

* Source was taken from “Compendium of Sources in Halacha and the Environment” by Canfei Nesharim www.canfeinesharim.org