



## **Sustainable Shabbat: Greening your Campus Shabbat Dinner**

To set apart one day a week for freedom, a day on which we would not use the instruments which have been so easily turned into weapons of destruction, a day for being with ourselves... a day on which we stop worshipping the idols of technical civilization... a day of armistice in the economic struggle with our fellow men and the forces of nature. **Is there any institution that hold out a greater hope for man's progress than the Sabbath?**

Rabbi Abraham Joshua Heschel, *The Sabbath*, p.28 (1975)

**Below is a list of ideas and resources for creating a Sustainable Shabbat Dinner in the vision of A.J. Heschel**

### **Programming**

- **Pray Kabbalat Shabbat outdoors** – If weather permits, try praying outdoors and focus on natural symbolism in the prayers
- **Discuss Shabbat as an environmental holiday** - study texts and how to make Shabbat a personal weekly environmental holiday

### **Logistics**

- **Use Non Disposable Dishes** – When possible use real dishes and a dishwasher (or hand washing) with biodegradable soap
- **Use Biodegradable Dishes** – When reusable dishes are not an option, use fully biodegradable dishes which can be composted, or at least not build up in our landfills. Dinnerware is available in a number of forms including corn starch, sugarcane, leaf and more. [www.ecoproducts.com](http://www.ecoproducts.com)
- **Use Recycled Napkins** – There is no reason to wipe your hands or face with newly cut trees. Use 100% post consumer recycled paper napkins
- **Organize Carpools** – If attendants drive to your Shabbat dinner, try organizing a ride sharing systems. Carpooling can be organized through a sign up board, e-mail listserve or through a central coordinator
- **Reduce Energy** – If you are going to leave the lights on for all of Shabbat, replace incandescent light bulbs with CFLs (Compact Fluorescent Lightbulbs)
- **Skip the fresh flowers.** Try a sustainable alternative like potted flowers or herbs. At the end of the meal, give your centerpieces as gifts to your guests. If you definitely want flower centerpieces, go organic! [www.organicbouquet.com](http://www.organicbouquet.com)



## **Food**

To reduce the environmental impact of your meal, create a menu that is:

- **Vegetarian** (or at least offers good vegetarian alternatives) – eating vegetarian vs. chicken reduces the environmental effect of a meal more than tenfold. Reduce your use of carbon, land, pesticide and more by eating lower on the food chain.
- **Local** – reduce the carbon footprint of your dinner by buying vegetables and meats produced locally. Try shopping at a local farmer’s market. Talk to the farmer, know where your food is grown.
- **Organic** – reduce the health impact on farm workers and protect the farm’s ecosystem by buying chemical free organic vegetables, breads and meats. Organic chicken is available from Wise Kosher. [www.wiseorganicpastures.com](http://www.wiseorganicpastures.com)
- **Cruelty free** - Serve ethically sourced meat. Try buying your meat from the person who raised it (or as close to that as possible).
- **Fair trade dessert** – Everyone loves chocolate & coffee for dessert, make sure you treat your farm workers well by buying fair trade products. A good kosher supplier is [www.equalexchange.com](http://www.equalexchange.com)

## **Kosher Organic Wines and Grape Juice**

There aren’t many kosher organic wines available, so if you want some you need to plan ahead. Go to your wine store a few weeks early, if they don’t have anything, ask them to order a case on your behalf – or order directly online. A few kosher organic wines and grape juice include:

- **Four Gates Winery** – Organic, Kosher and Kosher for Passover, not Mevushal [www.fourgateswine.com](http://www.fourgateswine.com)
- **Yarden Chardonnay Odem Organic** – Organic, Kosher, Kosher for Passover, not Mevushal [www.kosherwine.com/cgi-bin/ProductInfo.asp?WineID=73604001692](http://www.kosherwine.com/cgi-bin/ProductInfo.asp?WineID=73604001692)
- **HoneyRun Winery** – Organic, Kosher, not Kosher for Passover, not Mevushal, not grape
- **Glendale Farm Grape Juice:** kosher grape juice local to the Northeast – 607-546-8479.

## **Acknowledgments**

Special thanks in the creation of this document to

- **Hazon** - [www.hazon.org](http://www.hazon.org)  
Find more healthy and sustainable resources at Hazon’s blog: [www.jcarrot.org](http://www.jcarrot.org)
- **Sacred Food Project** - [www.sacred-food.org](http://www.sacred-food.org)