

God Provides Foods In Abundance

PART 2

The foods we eat affects our health and environment

Over the past five decades, many Caribbean countries like Jamaica have shifted their more traditional diets to Western-style diets. Western-style diets tend to be calorie-dense, have a high proportion of meats and high number of processed and ultra-processed foods. Traditional Jamaican diets include healthy foods like **fish, legumes (peas, kidney beans), green vegetables like callaloo, vitamin rich sweet potatoes, cornmeal porridge, curry and jerk chicken and steamed cabbage**. These plant-based traditional foods have been shown to be better for our environment.

God gave humans dominion over the planet and foods we produce. Many of the foods that cause our bodies to be sick also harm the planet and can promote climate change. Rising temperatures can result in increases the number of heart attacks, deaths from lung disease and longer allergy seasons. If we switch our diet from eating mostly meat to eating a plant-based diet, we can reduce early deaths by 25%. Animal source foods have more than twice the harmful impact on the environment than plant-based foods and red meat is the worst of them all¹.

Watch this video produced by Harvard School of Public health to learn more



To make environmentally sound food changes:

1. Eat less red meat.
2. Swap out red meat for healthier meats like chicken and fish.
3. Reduce overall meat to 1-3 servings per week.
4. Consider the following recipes that include environmentally friendly foods- peas, beans, nuts and seed.

There are many resources available online which provide recipes for preparing healthy, environmentally friendly foods. Here are examples of two recipes.

JAMAICA JERK SPICED NUTS²

Spiced nuts have a place at any gathering, they make an easy appetizer or munchie; anyone can pop them in their mouth.

INGREDIENTS

1 20 oz bag mixed nuts	½ teaspoon allspice
2 egg whites	½ teaspoon pepper
2 teaspoons garlic powder	¾ teaspoon crushed red pepper
2 teaspoon cayenne pepper	½ teaspoon nutmeg
1 teaspoon dried parsley	¼ teaspoon cinnamon
1 tablespoon brown sugar*	
1 teaspoon salt*	

**Consider reducing or removing the salt and sugar components and using more of other spices*

¹ <https://www.gaplesinstitute.org/sustainable-diets/>

² <https://www.lemonsforlulu.com/jamaican-jerk-spiced-nuts/>

HOW TO MAKE JAMAICAN JERK SPICED NUTS

Preheat the oven to 350 degrees. Spray a baking sheet with non-stick spray and set aside. Froth the egg whites in a large bowl. Add the spices and the nuts, turn to coat. Arrange nuts on the baking sheet in a single layer. Bake for 20-22 minutes stirring once. Store nuts in an airtight container for 1 week.

JAMAICAN KIDNEY BEAN CURRY²

INGREDIENTS

Red Kidney Beans	Ginger	Cumin	Water
Coconut oil or Water	Green onions	Turmeric	Sea salt or to taste
Onion	Tomatoes	Thyme	Scotch Bonnet pepper
Garlic	Coriander	Coconut milk	

HOW TO MAKE KIDNEY BEAN CURRY

- Sort and rinse dried beans well, put them in a large bowl or pot. Add enough water to cover (about 3 cups) and soak beans overnight or for around 8 hours.
- Drain beans using a colander. Place beans and water to cover (about 6 cups) in a large pot to boil. Reduce heat and simmer for about 1 hour, or until beans are tender.
- Drain beans and reserve 1/2 cup cooking liquid, set aside. Heat a large saucepan with oil on medium-high heat.
- Add onion and cook until soft, about 4 minutes. Add garlic and ginger, cook for 30 seconds. Add green onions, tomatoes, coriander, cumin, turmeric, thyme, and pepper stirring for 2 minutes.
- Add coconut milk, water, or the reserved liquid, and cook for about 15 minutes or until sauce thickens.
- Add salt to taste- (optional).



Jerk Spiced Nuts

Use the websites provided to look for other health recipes and dishes to prepare



Kidney Bean Curry

ACTIVITY ONE

Planning a kitchen garden

Persons will work in groups to consider the resources needed to plan a kitchen garden. What plants are likely to flourish in Jamaica? How much time will be needed to prepare? What type of crops can we grow? How long will they take? How will they be shared after growth?

Practical tips: Churches may consider creating a garden book (with various experiences of members who have kitchen gardens) and a cook book using home-grown food from gardens like local vegetables, fruits and seasoning. This sharing may help persons at the beginning of the journey.

ACTIVITY TWO

Food print Calculator

Click on this link and read about how the foods we eat impact our environment. Scroll down the page and complete a survey that helps you consider your Food print calculator.



Harvard T.H. Chan

²<https://healthiersteps.com/recipe/kidney-bean-curry-jamaican-style/>