

**Dear members and friends of Normandy Park United Church of Christ – here is your Friday Food for Thought for October 23<sup>rd</sup>:**

- **Drive-through on Sunday, October 25<sup>th</sup>**

- Beginning at 11:30 am, don your Halloween costume, drive to NPUC, and:
  - Wish Valerie a fond farewell as she moves back east to care for her family.
  - Get some Halloween treats to take home and enjoy!

- **All Souls' Sunday – November 1<sup>st</sup>**

- Remember to set your clocks **BACK** an hour before you go to bed on Saturday night.
- Pastor Amy will celebrate Communion during Zoom Worship.
- If you would prefer to celebrate Communion in person, please **bring your own elements** to NPUC, beginning at 11:30 am, and Amy will bless them.
- Also beginning at 11:30 am, you are welcome to light a candle for a loved one who has died this year or in the past. Candles will be set up on the labyrinth under a canopy. We ask that you wear a mask and keep 6 feet between yourself and others as you take turns lighting candles.
- Stewardship packets will be distributed. If you are unable to pick yours up, it will be delivered or mailed to you.
- Drop off donations for Hospitality House (liquid hand soap, reusable water bottles, masks, and disinfectant wipes) and/or the Des Moines Area Food Bank (canned goods, non-perishable food items, and clean paper bags).

- **Shine at Home – Genesis 39 and 41: “Joseph’s Rise to Power”**

- How did Joseph’s life change? Talk about a time when your family experienced a big change.
- Pray “help my family” prayers this week, focusing on your extended family. Choose a different person to pray for every day.
- Make food to share. Joseph was responsible for gathering food for the famine. Make or purchase a snack that you can give to neighbors or friends.

- **Climate Change Thoughts**

- **Climate action, one bite at a time**

Your food’s carbon footprint, called its foodprint, is the greenhouse gas emissions produced by growing, harvesting, processing, transporting, cooking, and disposing of the food we eat. Research has revealed the tremendous impact that the mass production of meat, dairy, and eggs has on our planet. Additionally, food waste is an enormous ‘hidden’ contributor to climate change. In fact, if global food waste were a country, it would be the third largest greenhouse gas emitter, behind China and the U.S. The carbon footprint of this wasted food is about 3.3 billion tons of CO<sub>2</sub>. Luckily, there has never been a better time to join efforts to reduce our carbon footprint through food choices. Enjoy more plant-based meals, reduce your food waste altogether, and

compost your food scraps. To learn more check out our [Foodprints for the Future campaign](#). Bon appétit!

- Shop smarter

Do you know where your dollar is going? Support companies driven by sustainability and committed to transparency throughout the supply chain. Your power as a consumer can be enormously impactful, so if you're in the dark or unhappy with a company's impact on the planet, make your voice known! Shop smarter with thoughtful purchasing to minimize waste, and consider reused and pre-loved items to take part in the circular economy and keep goods out from filling our already overflowing landfills.