

Tips for a More Green and Just Passover

For the holiday of Passover, rich with symbolic foods and objects, Jews all over the world engage in traditional ways of eating and drinking. It is through a careful order – *seder* – of our celebration that we connect with the story of our liberation from Egypt. On this holiday, we can also express our values through our food and ritual objects. Here are some suggestions to help bring justice and sustainability to your Passover!

- Shop at a **Farmer's Market** first. Buying locally grown, pesticide-free foods supports the livelihoods and health of local workers and farmers, and reduces the environmental impact of shipping food long distances. Choose food for your seder plate that's better for workers, better for the environment, and better for you. Find your local Farmer's Market at www.localharvest.org.
- When buying your **kosher-for-Passover wine**, consider supporting wineries where the workers have a voice on the job. Both **Mogen David** and **Manischewitz** are union-made wines. Find a list of more union-made wines online through the UFW at http://ufw.org/_page.php?menu=organizing&inc=orga_label.html or through the UFCW at www.ufcw.org/about_ufcw/ufcw_made_products/index.cfm?pc_ID=B.
- If you need to use disposable tableware during the holiday, choose **compostable tableware**. Compostable plates and "silver"-ware made from potato starch are available locally at **Whole Foods** (www.wholefoods.com), and in the Bay Area at **Berkeley Bowl** (www.berkeleybowl.com). The plates can be found in Santa Monica at **Co-Opportunity** (www.coopportunity.com). Online, try **Amazon.com** and **Branchhome.com**. If your city composts, this tableware can go directly into your compost or yard waste bin with food scraps. Don't forget about using **compostable 'garbage' bags** (e.g. Biobag) too!
- Do you need a new seder plate or afikomen bag? Look for **fair trade ritual items** at a Judaica store near you. **Afikomen Judaica** in Berkeley (www.afikomen.com, 510.655.1977) carries fair trade matzah covers. If your local Judaica store doesn't carry fair trade products, you can help create the demand by asking for them. You can also find Fair Trade Judaica online at <http://fairtradejudaica.com>.

Find more at www.greenandjust.org.