



*Study Guide for **Compassionate Eating as Care of Creation***

*A booklet by Matthew Halteman, Ph.D., Calvin College for
Humane Society Animals & Religion*

Questions

1. What is a “commodity?” Explain what you think Pope Benedict XVI means when he describes factory farming methods as the “degrading of living creatures to a commodity.”
2. Halteman suggests that, “far from being a trivial matter of personal preference, eating is activity that has deep moral and spiritual significance.” Name three issues involved in food production that have moral implications.
3. Describe “compassionate eating.” What would a compassionate eater take into account when selecting food?
4. Explain how compassionate eating might be a form of “spiritual discipline.”

Activity

Plan a “compassionate meal” for your family or friends. What foods will you have at the meal?

Incorporate select readings on food and faith from your religious tradition.

Ask participants to discuss their views on food and faith during or after the meal.

Reflect on the “compassionate” meal experience by writing a short report and incorporate what you have learned from Halteman’s essay.

Resources

Humane Society Animals & Religion links:

http://www.hsus.org/religion/resources/compassionate_eating_as_care_.html

http://www.hsus.org/religion/acgs/childrens_resources_all.html

<http://www.hsus.org/allcreatures>

<http://www.hsus.org/religion/resources/>