



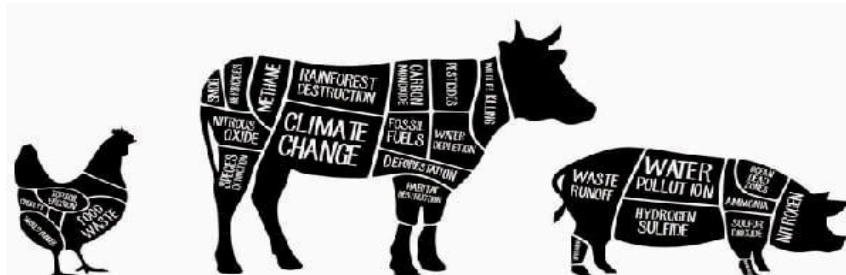
Vegetarianism in Judaism
from Rabbi Michael's Dvar
Erev Shabbat, September 17,
2021

Rabbi Yitz Greenberg teaches us that:
“Eating is manifestly a matter of life
and death. If you do not eat, you will
die. However, what you choose to eat
and how you prepare the food can
further increase the quotient of life or

of death in eating. Hence, the Torah regulates food and its preparation to shape the experience of eating into an act of maximum health and reverence for life.”

The Torah’s ideal of eating is vegetarianism—that is, a person should not live by killing another sentient being. In the Garden of Eden narrative, not just humans, but all living creatures, are vegetarians. “God said I have given you all every herb bearing seed... and every tree on which is the fruit... to you for food. And to every beast of the earth and to every bird of the air and to everything... on the earth in which there is life, I have given every green herb for food...” (Genesis 1:29-30). According to Isaiah, , when the world is totally repaired in the Messianic age, then not just humans but all animals will be vegetarian: “...the wolf shall live with the lamb... and the calf and young lion and the fatling together... and the lion shall eat hay like the cattle...” (Isaiah 11:6-7).”

The Talmud teaches that we should put the needs of the animals under our care first and, only after they are fed and tended to, are we allowed to turn to our own needs. And so in the spirit of the Messianic Age, the Talmud, and with a grant from the Jewish Animal Advocacy Group, SHAMAYIM, we will spend a year thinking how to create Shamayim b’eretz “heaven on earth”: a healthier and more reverent environment for all animals, people, and the planet.



Your Questions About Food and Climate Change, Answered

NYTimes April 30, 2019

Does what I eat have an effect on climate change?

Yes. The world's food system is responsible for about [one-quarter of the planet-warming greenhouse gases](#) that humans generate each year. That includes raising and harvesting all the plants, animals and animal products we eat — beef, chicken, fish, milk, lentils, kale, corn and more — as well as processing, packaging and shipping food. If you eat food, you're part of this system.

What can I do personally to lower my impact on the climate?

Plant-based foods usually have a lower impact than meat, and beef and lamb tend to be the worst offenders by a considerable margin. Consuming less red meat and dairy will have the biggest impact for most people in wealthy countries. Just eat less of the foods with the biggest climate footprints, like beef, lamb and cheese. Eat more plant-based foods like beans, pulses, grains and soy which tend to be the most climate-friendly options.

A word about the dishes, utensils and containers used today:

We are trying to avoid using single-use plastic products.

For those eating with us, the wooden utensils are from Wood-ABLE (a RainForest Alliance company based on Chile. (<https://wood-able.com/> for more info), the bowls and plates are made with bagasse (sugar cane pulp) and bamboo bowls and are compostable and recyclable.

For those picking up curbside, our plastic containers are reusable, microwave-safe, freezer-safe and top-rack dishwasher safe.