

Helps for churches and families who wish to avoid “bad actor” chemicals.

“Repentance means change!” Years ago we did not know the dangers of estrogen mimic chemicals. (The manufacturers knew and among other strategies covered it up in the safety studies with a strain of rats that were insensitive to estrogen!!! Wicked!!!) Now,.. we know, and there are moral implications, particularly at church where Scriptural principles are supposedly upheld. For consistency at least, might it be time to rethink church kitchens, menus, lawns where children play, and avoid endocrine disrupting substances???

Will this help? Is it too late??? Perhaps, perhaps not! Nonetheless, it’s hard to counsel mixed up, injured church kids to be celibate for life with a plastic water bottle in our own hands! Increasingly, these young people will know what happened to them. ☹️ Not every case involves endocrine disruption, but one injured young person may influence others who are not physically affected.

Plastics - We cannot avoid every exposure, but avoidance in the kitchen makes a lot of sense. We can steer clear of hot or fatty food in plastic and plastic food storage containers. New and old plastics leach and outgas problem chemicals. Sadly, BPA free items may use BPF or BPS, and other similar chemicals, most of which are now implicated as endocrine disruptors, possibly even worse.

What did folks do before they had plastic??? Usually that question prompts ideas for substitutes, which can often be found at Goodwill or someone’s basement (glass canning jars work for food storage and usually are easily obtained from older relatives). Old or pretty socks work well for transporting glass water bottles or food containers. If something breaks, the entire sock can be tossed, glass contained within. Other materials include wood, wicker, glass, non-lead ceramic, bamboo, stainless steel (no tin or aluminum for food!), cardboard, paper, parchment, beeswax, jute, hemp, linen, silk, cotton (estate sales often have nice company linens from the pre gmo cotton era), banana leaves, corning ware with glass lids, rubber, and so on. Homemade reusable “plastic wrap” can be made from thin cotton or cheesecloth dipped in hot beeswax, or can be purchased commercially (Abeego).

Pesticides and herbicides - The Dirty Dozen/Clean 15 list of chemicals on food is available free at <https://www.ewg.org/foodnews/> Churches or families can form wholesale co-ops and split cases of veggies or a purchase a whole animal at lower prices for members’ freezers. Older retired members can help with the real work of managing the details, drive for pickups, share garden produce and help financially stressed families manage costs. Sometimes church or family members enjoy getting together to prepare bulk food ahead and save. Some farms are uncertified organic/biodynamic and usually they are cheaper if the farmer can be trusted. Some Amish farms are reasonably priced. (Others are not! ☹️)

Church event menus can be simplified to stretch the budget for chemical free food. Desserts can be limited to fewer, healthier versions, or a juicy pesticide free watermelon, in season. Healthy fats such as avocado, nuts, coconut, full fat dairy, and fattier animal based dishes etc., help fill folks up. Serve filtered water! In smaller groups, the men or teenagers can wash the dishes, and save on paper products.

Organic lawn care products and services are available now. Even TruGreen type companies offer organic alternatives, or DIY. Dr. Porter mentions several inexpensive strategies for weed and pest control in the audio lectures listed on the next page.

Fragrances, cleaners, etc. - These items are easy to deal with. There are plenty of good safer brands of unscented or naturally scented (with essential oils) soaps, cleaners and other products for use in the church setting. Perhaps someone in the church makes their own soap for instance, and can donate some of their handiwork.

Bottom line, there are many ways to cut costs and still avoid the bad actor substances.