

“ceiling on desires - Food”

Our first topic for ceiling on desires, money is also related to food, determining the quality, and quantity of the food we eat.

But we still have choices within that framework and can decide to waste money we spend on food and indeed waste the food itself.




Even in Australia, despite the abundance of nutritious food available, many are malnourished because they eat unsuitable food.

They then waste money on dealing with their ailments.

People see take-aways as convenient and time and energy saving.

But is it really?

- How often are people tempted into supersizing?
 - Where is the balance?
 - What about food used to comfort, or as a bribe?
 - Or the withdrawal of food as punishment?
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UNDESIRABLE CHARACTER TRAITS

Temptations to indulge in Greed and Gluttony

Pride can also be associated with food, whether exhibited by putting on an expensive dinner or by the one preparing it so as to show off their skills and receive excessive praise.

Laziness and sloth from over-indulgence speak for themselves

NEGATIVE EMOTIONS

Fear of missing out in enough food, or the foods we most desire

Anger when not getting our favourite foods

Impatience in waiting to be fed

Resentment towards others with more or when we don't get the food we crave

Addiction to certain foods

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against a blue background.

“FOOD” THAT IS NOT FOOD

What about “food” for the mind?

The things ingested by the 5 senses,

Music and words we use and hear?

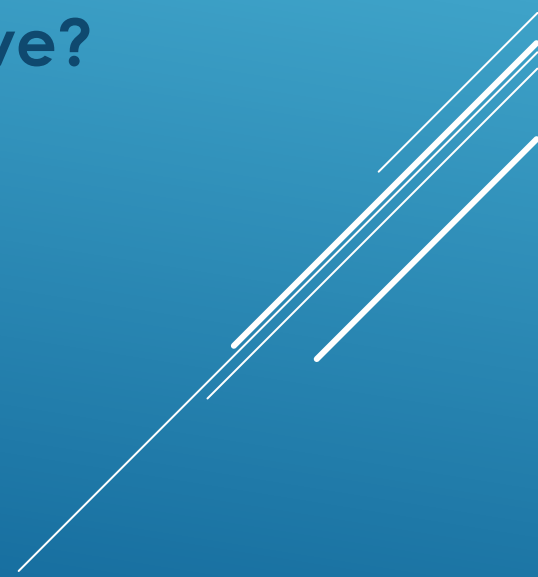
Movies and books we see and read with our eyes?

Digital media we use? Positive or negative?

Odours we smell?

Materials and objects we touch?

Actions we indulge in?



CUTTING WASTE OF FOOD FROM OUR LIVES

WHAT ARE THE AREAS OF WASTE?

Do you plan ahead to avoid buying food you don't need?

Are you an impulse buyer?

Do you buy so much that it spoils and needs to be thrown away?

Do you buy fresh produce, or processed food?

Do you check ingredients for unhealthy content?

Now You.....?

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WHAT ABOUT MIND “FOOD”?

WHAT CAN WE DO?

