

Living Responsibly—Considering Social Justice in Making Food Choices

Therefore strive that your actions day by day may be beautiful prayers. —'Abdu'l-Bahá

Tell, O 'Alí, the loved ones of God that equity is the most fundamental among human virtues. The evaluation of all things must needs depend upon it.

Gleanings from the Writings of Bahá'u'lláh 100:203



It is a matter of justice and equity that farmers should not be exploited and should earn a living wage. When you buy Fair Trade food, you help improve the lives of such workers in developing countries. Some examples of Fair Trade items that may frequently appear on your shopping list are bananas, coffee, and chocolate. [The World Fair Trade](#)

[Organization](#) "supports marginalised small producers, whether these are independent family businesses, or grouped in associations or co-operatives." It "trades with concern for their social, economic and environmental well-being" and "does not maximise profit at their expense." It provides equal pay for equal work by women and men and is participatory in its decision-making processes. (Artisans making handicrafts and growers of flowers have the same challenges as farmers, and they deserve the same respect for the Fair Trade products they sell.) Charity has its place. But buying products from producers in developing countries at a fair price is a much more respectful way to relieve poverty and more helpful to them in the long term.