

RED HERRING VEGETARIAN RESTAURANT

Open 11-3, Monday-Friday when the U of I is in session

Did you ever wonder WHY the Channing-Murray Foundation runs the Red Herring? It is a program that puts into practice several Unitarian Universalist principles and provides a reason to gather in community and break bread with one another. Over the past 33 years it has evolved... It started because in 1977 restaurants and the dorms provided vegetarians close to zero options. Today the challenge is food justice and providing whole food alternatives to highly processed mass marketed convenience foods.

The 7th UU Principle - *Respect for the interdependent web of all existence of which we are a part.* Eating is fundamental to life and what you choose to eat speaks to how you choose to interact with and be part of the interdependent web of all existence. Choosing to reduce/eliminate animal products and processed plant foods in your diet reduces your footprint on the planet.

The 6th UU Principle - *The goal of world community with peace, liberty, and justice for all.* & The 2th UU Principle - *Justice, equity and compassion in human relations.* There are many Justice Issues related to the Western Food Industry that prevent the reduction/elimination of hunger and poverty. Providing nutritious, interesting and delicious Whole Food demonstrates that there are affordable and healthy alternatives to highly processed plant product and domesticated animal product centric diets.

The 1st UU Principle - *The inherent worth and dignity of every person.* The Western Diet has created an epidemic of obesity, diabetes, cancer and heart disease. Educated consumers need to “change the world” so that every person has the ability to live a healthy life that includes Whole Foods.

As examples of working for Food Justice, we:

- Cook from scratch (avoiding processed ingredients) as much as possible.
- Carry our own Fair Trade Organic Coffee.
- Understand that leading a healthy lifestyle can be expensive, so we offer folks the opportunity to volunteer in exchange for a meal. This also gives people hands-on kitchen experience!
- Seek to educate the public about food, including the uses of different fruits, grains, vegetables and spices to provide an interesting and well balanced diet.
- Demonstrate how to replace animal products in everyday cooking.
- Cook with local ingredients whenever feasible.
- Are starting a herb garden on the south side of the building.

All of this takes a LOT of LOVE: from Channing-Murray, from Red Herring Staff, and most importantly from Red Herring Volunteers and Patrons. We couldn't do it without you!