

Mindful of Our Impact on People and Planet

This Week's Reflection – True Cost of Low Prices



Each week leading up to the International Day Against Human Trafficking (Feb 8), the CP Shalom Human Trafficking Committee is sharing a simple reflection resource for your consideration. *This week the focus is on the true cost of low prices.*

What is the true cost of the food we eat? It's not the price you pay at the check-out, that's for sure. When you look beneath the surface you discover a tangle of hidden costs that all too often do not get reflected in the price we pay. For example, research indicates that a \$2 container of coffee from Brazil may seem like a bargain, but only because it does not reflect the true price associated with the underpayment of farmers, the use of child or forced labor, unsustainable water use, air pollution, climate-changing energy supplies, and land degradation. When we are more aware of the broader costs the products we purchase have, we can make mindful choices that reflect the true, complete impact our food has on the world.

📺 Watch this [3-minute video](#), listen to [this podcast](#), or read [this article](#).

Prayer Suggestion:

When you say grace at mealtime – consider including both a simple prayer of gratitude and a simple prayer for justice. A prayer of gratitude - giving thanks to God for the people, plants, and animals who contributed to this meal. A prayer for justice - that all involved are treated justly with proper wages and working conditions and if there is anything I can do to support them in this regard, let it be known to me so I may act.

Similarly, when you dress – consider doing the same – offering a simple prayer of gratitude to God for the people, plants, and animals who contributed to the clothing item. And a simple prayer for justice – that all involved are treated justly and if there is anything I can do to support them in this regard, let it be known to me so I may act.



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