



ecojudaism



COP29
Baku
Azerbaijan

EcoShabbat Resource Pack for Communities

What is EcoShabbat?

Social Media & Hashtags

Food & Drink

1. Sustainable Shabbat Dinner Guide from Hazon
2. EcoShabbat Vegan Menu by Jamie Geller
3. Kosher Vegan Wine Suggestions
4. Enjoying an EcoShabbat Kiddush

Set Up & Clean Up

Activities & Resources for under 18's

What is EcoShabbat?

Azerbaijan is hosting the 29th UN Climate Change Conference of the Parties [COP29](#) in Baku from 11 November to 22 November 2024.

The aim will be to build on the outcomes of [COP28](#) to deliver action on an array of issues critical to tackling the climate emergency – from urgently reducing greenhouse gas emissions, building resilience and adapting to the inevitable impacts of climate change, to delivering on the commitments to finance climate action in developing countries.

The focus of the world during this time will be on COP29 and the Climate Emergency.

We encourage our community to be a part of these conversations. To learn, discuss, commit and act in ways to improve our sustainability as a UK Jewish community, as Shuls, as Jewish Organisations and as Jewish individuals.

If you aren't already one of our registered EcoSynagogues, start that journey now, [here](#). It's free, it shows commitment, and it's done at your own pace.

EcoShabbat is the Shabbat during COP 15/16 November 2024.

Let's join the conversation and make our own efforts count towards combatting the Climate Crisis.

How will you engage for EcoShabbat?

Perhaps you will investigate our EcoShabbat Challenges (with links for support) and choose one or a few for yourself, your family or your community.

Maybe you will consider [vegan alternatives to your Friday Night Dinner and Shabbat Lunch](#), activities [for children](#), discussion ideas for your EcoShabbat dinner table and much more.

Make your communications easy by using our [graphics pack](#).

As you learn and discuss more about the climate crisis, it can seem daunting, however, as the proverb says, “A journey of a thousand miles begins with a single step.”

The whole EcoJudaism team wish you a meaningful and inspiring EcoShabbat and please share your stories, challenge successes and photos with us on social media to encourage and inspire others in our community to also take a step towards helping combat the climate emergency the world faces.

Social Media & Hashtags

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#EcoShabbat24

#EcoShabbat

#LetsDoThisTogether

#COP29

#EcoJudaism

Our [graphics pack](#) for EcoShabbat is available on the EcoJudaism website, which can be used for community communications and events.

Sustainable Shabbat Dinner Guide

With huge thanks to [Hazon](#) here is a guide to [Hosting a Sustainable Shabbat dinner](#) and [Green Kiddush](#)



Hazon's Green Kiddush Guide



SECOND EDITION | 2020

EcoShabbat Vegan Menu

We are so delighted that this year's EcoShabbat menu has been shared with us by the Israeli-American food writer, celebrity chef, television producer and businesswoman, the wonderful [Jamie Geller](#).



jamie geller

“What you have here is a very classic Ashkenazi Shabbat menu made vegan.

These are the traditional foods of our ancestors, the foods that have been served for over a century (or more) at the Shabbat tables of Jews hailing from Europe.

All we did was modify them just a bit so they would be completely plant-based and eco-friendly.”

For all recipes and the full EcoShabbat set menu, [click here](#)

Click on the images to see the recipe.



Vegan Challah



Vegan "Chicken" Soup



Vegan Kneidles



Vegan Braised Brisket



Roasted Root Vegetables



Vegan Gravy



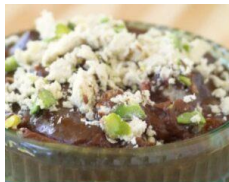
Apple Pecan Crumble



Meat-Free Cholent



Vegan Kugel



Vegan Chocolate Mousse

See our Set Up & Clean Up Resource for advice on sourcing your ingredients.

Kosher Vegan Wine Suggestions

Most Kosher wines are vegetarian. Kosher wines will never use animal derived fining agents, except for fish gelatine or egg whites, which may be used in some kosher wines. Kosher wines using fish gelatine or egg whites are not considered vegan and not included on our list of vegan wines.

Here is a selection of certified vegan wines under Kosher Supervision, provided to us (with our thanks) by [The Grapevine](#).



Dalton

[Canaan Red/White](#)

[Estate Petite Sirah](#)

[Estate Fume Blanc](#)

[Reserve Cabernet Sauvignon](#)

[Reserve Viognier](#)

Unorthodox

[Merlot Cabernet Sauvignon](#)

[Chenin Blanc](#)

[Sauvignon Blanc](#)

Hafner

[Velvet \[semi-sweet\]](#)

[Kashmir](#)

Hebron Heights Winery

[Isaacs Ram](#)

Or Haganuz

[Elima \[no sulphites\]](#)

[Amuka Blanc](#)

[Amuka Cabernet Sauvignon](#)

[OROT French Blend](#)

Set Up & Clean Up

There are lots of ways to make your Shabbat shop more eco-friendly

Set Up & Clean Up Essentials

- 🌱 Swap to an [eco-washing-up liquid](#)
- 🌱 Replace foil and clingfilm with [beeswax and vegan zero-waste wraps](#)
- 🌱 Buy [ethically sourced laundry detergent](#) that uses less packaging
- 🌱 [Reduce the amount of plastic](#) you use. If you can't refuse, try to reuse
- 🌱 Shop locally - home deliveries cause increased air pollution and excess packaging
- 🌱 Use [eco candles](#) or make your own including your own [beeswax Havdalah candle](#)
- 🌱 Avoid single-use plastic [disposables](#)
- 🌱 [Bamboo napkins, kitchen and toilet papers](#) are sustainable and plant a tree for every box sold

Four simple words – refuse, reduce, reuse, recycle

Easy to remember and can make a big difference to your carbon footprint.

- 🌱 [Reduce and reuse](#)
- 🌱 [Repurpose](#) the packaging/containers/materials you buy and avoid single use
- 🌱 Cut back on containers, opt for refills and [use a refill station near you](#)
- 🌱 Follow the golden rules of recycling, learn all about [recycling symbols](#)
- 🌱 Find out about local rules and services for [recycling in your area](#)

Use your L.O.A.F. (Local, Organic, Animal-Friendly, Fairtrade)

Local: [Buying food locally](#) and buying [seasonally](#) means less food miles, support for local economy and farmers and regional variety. Look at the labels; does it come from somewhere in UK? Does it carry the Union Flag or Red Tractor symbols?

Organic: [Organic farming](#) uses less fossil fuel energy and builds up carbon in the soil, removing it from the atmosphere and relies on composting, crop rotation and animal manures. Find your [nearest Organic Farm](#)

Animal Friendly: [Ethically source meat, fish and dairy products](#) and eat less to help reduce carbon emissions. Avoid eggs, dairy products, meat and fish that have been produced using intensive farming methods and long-distance lorry transport

Fairtrade: Transport of goods shouldn't use disproportionate amounts of energy and crops for export must be grown without destroying the ecology of the producer country. Learn about [Fairtrade](#)

L.O.A.F. symbols to look out for:



EcoKiddush



- 🌱 Use [Jamie Geller's Vegan Challah Recipe](#) for your EcoKiddush
- 🌱 Source [Kosher Vegan Wine](#) recommended by Grapevine
- 🌱 Switch to [vegan candles](#) for your EcoKiddush and for every Kiddush after
- 🌱 Make your own [Havdalah candles and Besamin](#)

Activities and Resources for under 18's



[WWF's Our Climate, Our Future](#) and [leaf template](#)



Browse through the [COP26 Resources](#) for activities for all age groups



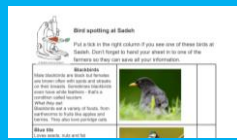
[Together for our Planet & Our Climate Our Future](#) packs



[Incredible Creatures Activity booklet](#) by the British Ecological Society



Take the [Great British Hedgerow Survey](#)



Take the [Species](#) and [Butterfly](#) surveys, provided by [Sadeh Farm](#)



[Earth School Series](#) in partnership with UNEP and TEDEd



[TED Countdown](#) - Educational Series



[How to Avoid a Climate Disaster Series](#) by Bill Gates



[Can we create the "perfect" farm?](#)



The state of the climate crisis – Animation with Climate Action Tracker