<u>News</u> EarthBeat



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PAUSE

REFLECT

"Changing how we eat will not be enough, on its own, to save the planet, but we cannot save the planet without changing how we eat." — Jonathan Safran Foer, <u>We Are the Weather: Saving the Planet Begins at Breakfast</u>

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Sometimes we hesitate to take action on environmental issues because we don't believe our individual actions, like eating less meat or reducing food waste, will make a big enough impact. However, <u>studies show</u> that individual actions can lead to systemic change, and at this point in history, we need to reduce carbon emissions on the individual and <u>systemic level</u> simultaneously.

ACT

Do one thing today to reduce your "<u>foodprint</u>," such as eating or saving all of the food on your plate at each meal or avoiding meat and dairy products before dinner.

Lenten Daily Food Reflections

pause | reflect | act

Editor's note: These daily reflections on food, faith, climate and our lives will provide spiritual sustenance for the Lenten journey. They are inspired by the <u>Lenten</u> <u>Food Waste Fast</u> at the Ignatian Solidarity Network.

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This story appears in the **Lenten Daily Food Reflections** feature series. <u>View the</u> <u>full series</u>.

A version of this story appeared in the **April 3-16, 2020** print issue under the headline: We cannot save the planet without changing how we eat.