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### **PAUSE**

(NRDCflix)

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### **REFLECT**

How is the video inviting you into the experience of conversion on the issue of food waste today?

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### **PRAY**

Find a food that has been hiding in the back of your refrigerator and say a prayer of thanksgiving as you eat it, compost it or throw it away. Then check out these [practical organizational and storage tips](#) to prevent food waste in your own home.

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#### **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 [Lenten Food Waste Fast](#) at the Ignatian Solidarity Network.*

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This story appears in the **Lenten Daily Food Reflections** feature series. [View the full series.](#)