



THE SISTERS OF ST. FRANCIS OF PHILADELPHIA

GOAL 4 ADOPT SUSTAINABLE LIFESTYLES MONTHLY LAUDATO SI' ACTION – FOOD WASTE, APRIL 2023

REFLECTION/DISCUSSION

We all know that it is not possible to sustain the present level of consumption in developed countries and wealthier sectors of society, where the habit of wasting and discarding has reached unprecedented levels. (LS 27)

The pace of consumption, waste and environmental change has so stretched the planet's capacity that our contemporary lifestyle, unsustainable as it is, can only precipitate catastrophes, such as those which even now periodically occur in different areas of the world. (LS 161)



Pray and reflect on: www.youtube.com/watch?v=nYvCx4A4eaX8. (2:13)



EDUCATION

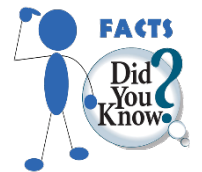
Watch the following:

Zero Waste Family-No Garbage for 3 Years (6:15) - www.youtube.com/watch?v=epTPhU4Hg4U

What is Sustainability? (4:28) - www.youtube.com/watch?v=99VrWNJyJ3E

FACTS: *Did you know?*

1. As a country, the U.S. wastes [up to 1,000 pounds of food per person](#) each year.
2. The U.S. [throws away roughly 35% of its total food supply each year](#).
3. All that wasted food could feed the tens of millions of hungry Americans many times over.
4. Discover the “Four Ways to Build a More Sustainable Food System,” www.youtube.com/watch?v=tnqPcpSgxwU
5. Excellent background website on food waste: <https://refed.org/food-waste/the-problem>.



ACTION

1. Take stock of what is in your freezer, refrigerator, and food cabinets and think of ways to include sustainability in your future purchase decisions.
2. Consider ways to reduce “over purchasing” items by **making a list**.
3. Reduce the use of electricity by not packing your freezer and refrigerator.
4. Consider joining our Community Supported Agriculture (CSA) or find a Farmers Market.
5. Consider growing your own food. You can start with just one tomato plant or lettuce in a pot.
6. Try a recipe or two from our March handout. Type “Mercy Meatless Mondays” into your browser for recipes.
7. Ask yourself, “What is one change in my eating habits that I can make to reduce food waste?”

RESOURCES

- What is Sustainability? (9:43): www.youtube.com/watch?v=rmQby7adocM
- PIRG: Public Interest Resource Group: <https://pirg.org/resources/the-food-we-waste-could-end-hunger/>
- <https://www.neumann.edu/stewardship/march.asp>