



THE SISTERS OF ST. FRANCIS OF PHILADELPHIA

MONTHLY LAUDATO SI' ACTION - FOOD PACKAGING-MAY, 2023

REFLECTION/DISCUSSION:

"We must not think that these efforts are not going to change the world. They benefit society, often unbeknown to us, they call forth a goodness, which, albeit unseen, inevitably tends to spread. Furthermore, such actions can restore our sense of self-esteem; they can enable us to live more fully and to feel that life on earth is worthwhile." Pope Francis, Laudato Si' #212

Improving our habits is an important way to contribute to the movement for a better world. Notice how far food travels to get to you. How is the food you buy packaged? Will you make changes to purchase items that come from local suppliers, are in-season, and are grown organically?



EDUCATION:

- Producing food on an industrial scale and food rotting in landfills both lead to the greenhouse gas emissions that drive climate change.
- An estimated 583 billion plastic bottles were produced in 2021. That is 100 billion more than were produced just five years ago. Approximately 85% of single-use beverage bottles end up in landfills.
- For a deep dive, when you are on vacation, avoid single-use plastic. Refuse miniature bottles in hotel rooms, take your own reusable mug and drinking bottle, carry your own utensils, napkin, small hand towel and containers for left-overs.
- **Take a Quiz on Regenerative Agriculture from Earth Day.org**
<https://www.earthday.org/regenerative-agriculture-quiz>

FACTS:

1. Plastic waste—whether in a river, the ocean, or on land—can persist in the environment for centuries.
2. In the early 2000s, the amount of plastic waste we generated rose more in a single decade than it had in the previous 40 years. Today, we produce about 400 million tons of plastic waste every year.
3. This year, five trillion plastic bags will be used. That's 160,000 every second.



ACTION:



1. Bring your own containers and reusable bags to the store instead of using plastic bags provided by the grocery store.
2. Choose one/more food items you can buy unpackaged instead of in plastic wrapping/bags (e.g. grapes, greens, vegetables, fruits).
3. Evaluate your use of containers (sodas, water, coffee, takeout food, utensils/napkins). Increase carrying your own.
4. Be an advocate for change: Ask your local supermarkets, restaurants, and local suppliers to ditch plastic packaging; refuse plastic cutlery and straws, and tell them why. Respectfully pressure your local authorities to improve how they manage waste.
5. A plastic bottle can take hundreds of years to breakdown in a landfill. Become a guardian of our common home by practicing reduce, reuse, recycle, or repurpose.

RESOURCES:

Watch <https://www.youtube.com/watch?v=YuYRFSzECEw> **What is sustainable food (10:12)**
www.earthday.org www.catholicclimatecovenant.org www.climaterealityproject.org