



THE SISTERS OF ST. FRANCIS OF PHILADELPHIA

## GOAL 4 ADOPT SUSTAINABLE LIFESTYLES MONTHLY LAUDATO SI' ACTION – FOOD, MARCH 2023



### REFLECTION/DISCUSSION:

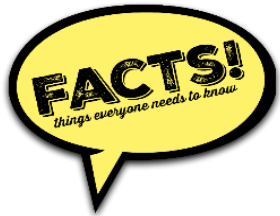
*“Living our vocation to be protectors of God’s handiwork is essential to a life of virtue; it is not an optional or a secondary aspect of our Christian experience.” (LS 217)*

To preserve our Earth and its resources for future generations, we must reduce waste and live in right relationship with the natural world. Relationships take work. How often do I think about my relationship to God’s creation? Do I see myself in relationship with the environment? What does this relationship require of us as Franciscans?



### EDUCATION:

Global demand for meat is projected to rise 50% in the next 25 years putting a strain on our ecological systems. Shifting away from animal-based foods is a solution to the climate crisis we are facing. Plant-based foods include not only fruits and vegetables, but also nuts, seeds, oils, whole grains, legumes and beans. It doesn’t mean that you are vegetarian or vegan and never eat meat or dairy, rather, you are proportionately choosing more of your foods from plant sources.



### FACTS: *Did you know?*

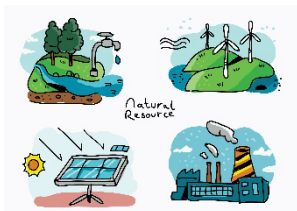
1. An estimated 1,800 gallons of water go into a single pound of beef. With that much water you could take 105 eight-minute showers **A DAY!**
2. Raising animals for food takes up half of all water used in the U.S.
3. Animal agriculture takes up land and is a leading cause of deforestation. In 2018, 30 million acres of tropical rainforest were lost. this is the equivalent of 43 football fields **per MINUTE!**

### ACTION: *Take your pick. Consider choosing a few of the options below.*

1. Review Laudato Si’ during Lent.
2. Pray for those most affected by climate change-animal species who lose their habitat.
3. Eat simpler and lower on the food chain. Try incorporating local, organic, seasonal foods and choosing items with simple or no packaging.
4. If you/your community is already committed to one meatless meal a week, try adding one more. Type “Mercy Meatless Mondays” into your browser for recipes.
5. Advocate for a more environmentally sound and less cruel food system.
6. Reduce purchases when planning celebrations; find joy in gratitude and relationships.
7. Take a quiz on upcycled food at Earthday.org  
<https://www.earthday.org/upcycled-foods-quiz/>



### RESOURCES: *Gratitude to:*



- <http://www.laudatosimovement.org/news/52-ways-to-care-for-creation-en-news>
- <https://www.earthday.org> Click on “Take Action” for fact sheets, tool kits, and quizzes.
- <http://www.godsplanet.us/maryknoll-affiliates-lsap-goals-worksheets>