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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, [We Are the Weather: Saving the Planet Begins at Breakfast](#)

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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, [studies show](#) that individual actions can lead to systemic change, and at this point in history, we need to reduce carbon emissions on the individual and [systemic level](#) simultaneously.

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## ACT

Do one thing today to reduce your "[foodprint](#)," such as eating or saving all of the food on your plate at each meal or avoiding meat and dairy products before dinner.

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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.](#)

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.