News
EarthBeat



(Pixabay/Engin_Akyurt)



by Brenna Davis

View Author Profile

## Join the Conversation

Send your thoughts to *Letters to the Editor*. Learn more

March 2, 2020

Share on BlueskyShare on FacebookShare on TwitterEmail to a friendPrint

## 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*
>
> Tweet this

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.

---

## 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.

---

**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.*

Advertisement

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.