News
EarthBeat



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PAUSE

REFLECT

"It's difficult to think anything but pleasant thoughts while eating a homegrown tomato." – Lewis Grizzard

"All happiness depends on a leisurely breakfast." – John Gunther

Each piece of food we consume is a miracle. How often do we take time to slow down, recognize and enjoy the holiness of the food we eat?

ACT

Today eat at least one food item mindfully, taking time to notice and savor the texture, smell, taste and color. Ponder the rain and soil that sustained it as it grew and all of the people and resources that helped it to arrive on your plate.

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.