News
EarthBeat



by Brenna Davis

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March 10, 2020
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PAUSE

(NRDCflix)

REFLECT

How is the video inviting you into the experience of conversion on the issue of food waste today?

PRAY

Find a food that has been hiding in the back of your refrigerator and say a prayer of thanksgiving as you eat it, compost it or throw it away. Then check out these practical organizational and storage tips to prevent food waste in your own home.

***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.