News
EarthBeat



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PAUSE

REFLECT

> "When we throw away food, we're also throwing away the land, water, and energy used to produce that food."

Pete Pearson, Director of Food Waste, World Wildlife Fund

FAST

Use this infographic to see how much water is needed to produce common foods we eat. Try to cut out one water intensive food today.

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.