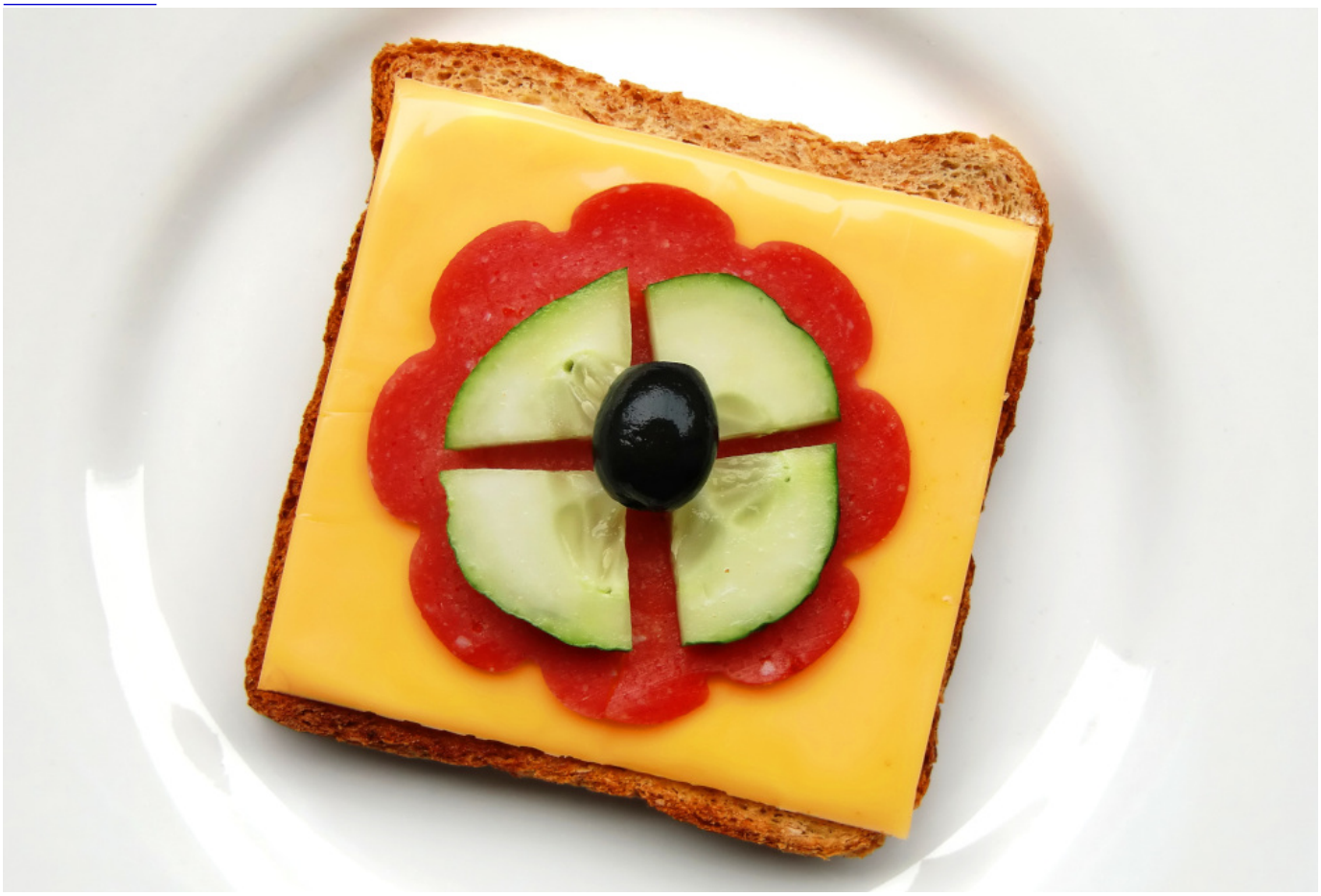
News
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by Brenna Davis

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PAUSE

REFLECT

> "I don't know what it is about food your mother makes for you, especially when it's something that anyone can make - pancakes, meat loaf, tuna salad - but it carries a certain taste of memory."

— Mitch Albom

Last year when dealing with some stressful medical news, I found myself making toast and putting white cheddar cheese on top for breakfast, an uncommon occurrence as I try to avoid dairy for environmental reasons. However, as I ate the toast I experienced a "taste of memory" that I had not thought about in years. A high school teacher that I admired made the same snack for me one day as they helped me to study for exams. This memory brought tears of gratitude to my eyes for this person. I realized that in a moment of uncertainty I sought the comfort and safety I felt on the day my teacher prepared this simple meal of cheese and toast for me.

What are comfort foods in your own life? Close your eyes and take some time to remember foods that other people have made for you. Let your mind wander as if you were watching a movie. What feelings or emotions surface?

PRAY and GIVE

Cook a simple meal or snack that has been meaningful in your own life for someone you love.

If you are unable to share food with others at this time, write a quick note to thank someone who came up in your reflection for the food that they shared with you. If that person has passed, say a short prayer in thanksgiving to them or think of them the next time you cook or eat the food you associate with them.

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.