News
EarthBeat



by Brenna Davis

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April 2, 2020
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PAUSE

Man in the Maze by Greener Media

REFLECT

Watch the 7-minute award-winning documentary "Man in the Maze" (description below).

> More than 30% of the food we eat in America originates in Mexico and travels north through Southern Arizona, an area with one of the highest poverty and food insecurity rates in the country. The huge amount of food that is wasted along the way is just one indicator that our current system isn't working. Man in the Maze takes us on a journey through the borderlands, where we see how people are coming up with innovative solutions to mend our broken food system... Here where it seems like there is no hope, there is a grassroots food movement shifting the way we grow and eat our food.

"Food is a sacrament. Food is what binds us together. It's sacred and it behooves all of us, whether it's for health reasons or because we care about the land or because our faith requires us to care about the people most marginalized by a broken food system, to heal that food system, and that's the only way we are going to heal our economies, our bodies and the land." **– Gary Paul Nabhan,** Ph.D., Food Writer, Activist, Conservationist.

PRAY

Check the labels on your produce to see if any of it originated in Mexico and traveled a similar path as described in the documentary. If so, say a prayer for each person and community it passed through on its journey to your home. Do the same for produce that originated in other parts of the world.

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.