
Friendly Farms
SOUR CREAM
Daisy
SOUR CREAM
Pure & Natural
FRESH ZONE
COOL ZONE



by Carolyn Morrin

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Who knew that fasting from food waste could help us see our responsibility to slow the amount of carbon each of us puts in the atmosphere? I love how my refrigerator looks now, organized and ready to create healthy dishes, without wasting any of it.

Our global health crisis shows me more ways to be informed about food and the people who get our bounty to us. Farm workers can't shelter in place as I can, and neither can truck drivers or grocery clerks. I'm moved to gratitude and respect for those people. I am changed by both my Lenten fast and this Covid-19 pandemic to look with fresh eyes at my relationship to food and those who get it to me. My responsibility: Become better informed about those who play such an important role and to use the bounty they deliver without wasting any of it.

--Carolyn Morrin is a retired teacher, a widow, a mother of five and a grandmother of five who lives in Monroe, Mi.

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