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Former Beatle and family start campaign to target pollution, world hunger

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Eco Catholic

Here's something worth considering for Lenten reading.

Former Beatle Sir Paul McCartney and his two daughters, Stella and Mary, have started the Meat Free Monday campaign, which addresses pollution, better health, the ethical treatment of animals and global hunger.

They have also contributed to a new cookbook, *The Meat Free Monday Cookbook*. It features more than 300 seasonal vegetarian recipes. One of them appears in the March 2012 issue of *The Vegetarian Times*.

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