

Weekly Parish Bulletin Blurbs:

Feel free to include or edit these excerpts about the Food Waste Fast in your weekly bulletin.

Week 1: Food Waste Free Lent

Learn: If food waste were a country, it would be 3rd behind the U.S and China in carbon emissions. (World Resources Institute)

Pray: God, during Lent, I pray for conversion of heart on the issue of food waste. Help me to understand my role in this issue and give me the wisdom and courage to change my habits.

Act: Start Lent with a clean slate. Use all foods in your home that are on the edge of spoiling in meals this week, and clean out any foods that have already spoiled. Find out where food waste in your parish goes.

To learn more about the Food Waste Fast, and to receive weekly emails with practical tips, visit: [**igsol.net/foodwaste**](http://igsol.net/foodwaste)

Week 2: Food Organization and Storage

Learn: In the United States, up to 40% of food grown is wasted, most of it spoiling in the fridge, while 1 in 8 people are food insecure. (Natural Resource Defense Council)

Pray: In *Laudato Si'*, Pope Francis reminds us, "Whenever food is thrown out it is as if it were stolen from the table of the poor." We pray for our neighbors near and far who do not have enough to eat and that we can be a part of the solution to equitable food distribution.

Act: Organize your fridge and store your food in a way that will prevent it from spoiling. For helpful tips, visit: [**igsol.net/foodwaste**](http://igsol.net/foodwaste)

Week 3: Meal Planning

Learn: The average family spends \$1,500 on waste food each year. (USDA)

Pray: God, we pray for the wisdom to be good stewards of our environmental and financial resources. May we use the abundance of gifts you have provided to us wisely, especially the gift of food.

Act: Before you shop this week, survey your kitchen to see what you already have, and use Meal Prep Mate to help you plan your meals. [**igsol.net/mealprep**](http://igsol.net/mealprep)

Week 4: Eating Out

Learn: When eating out, about a half-pound of food waste is generated per meal served, according to Jonathan Bloom, the author of *American Wasteland*. Learn more at igsol.net/foodwaste

Pray: O God, to those who have hunger, give bread, and to those who have bread, give the hunger for justice. Amen. -Prayer from Latin America

Act: If eating out this week, share meals if portion sizes are too big and ask the restaurant to hold the extra items you know you won't eat (e.g. chips, bread, extra veggies on a sandwich). Bring your own reusable tupperware to take all leftovers home AND eat them (38% are never eaten).

Week 5: Industrial Food Waste

Learn: Grocery stores are the cause of 10% of food waste in the United States partially due to consumers not wanting to buy produce with cosmetic imperfections, even though it's perfectly safe to eat.

Pray: God, who sees the goodness and beauty in all of creation, give us the vision to recognize the goodness of our food, even when it is misshapen or scarred. Help us to avoid food waste caused by cosmetic imperfections.

Act: Pick out an ugly fruit or vegetable that might get thrown away or shop from the discount area during a visit to the grocery store this week. For more ideas on how to reduce food waste, visit igsol.net/foodwaste

Week 6: Compost

Learn: 94% of food thrown away in the U.S. ends up in landfills versus being composted. (EPA)

Pray: We pray in thanksgiving for the cyclical nature of food. May we use our scraps to generate fertile soil for new food to grow for future generations to come.

Act: If you don't already compost, start composting at your house, or find a local organization that collects compost for parish events: igsol.net/compost

Week 7: Sustainable Celebrations

Learn: One third of all food produced gets lost or goes to waste — that's enough to feed all of the world's hungry four times over. (Alessandro Demaio, CEO of Norway-based EAT Forum)

Pray: Jesus taught us the importance of celebrating together over meals. We pray that we break bread together using practices that help to sustain the earth, our sisters and brothers around the world, and our relationships with one another.

Act: Use the Guest-imator tool to help you plan the exact amount of food needed to feed all of your guests this Easter (igsol.net/guestimator), and invite guests to bring tupperware to take home leftovers.

Having an Easter meal at church? Research local groups that would be willing to take extra leftover food to share with other people in your community.