

# Green Team Newsletter

**February 2021**



## **Green Churches Network**

### **CARING FOR OUR COMMON HOME**

**A message from the Green Team**

**---- SPIRITUALITY - EDUCATION - ACTION ----**

### **FOOD WASTE**

During this LENTEN period, let us take time to think about Food Waste. FOOD WASTE refers to all food wasted even though it would have been good to eat.....examples, if something goes off in your fridge because you haven't eaten it on time or, you put too much on your plate and throw away leftovers, instead of eating them later. Food Waste that ends up in landfills produces large amounts of methane gas, a powerful greenhouse gas that affects climate change. Beyond the environmental impact, Food Waste impacts our society. With what is wasted thousands of people suffering food insecurity could be helped. ([www.fao.org/save-food](http://www.fao.org/save-food))

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### Why We Need to Stop It!

In 2017 household food waste in Canada, and the results were astonishing.

- 63% of the food Canadians throw away could have been eaten.
- For the average Canadian household that amounts to 140 kilograms of wasted food per year – at a cost of more than \$1,100 per year!
- For Canada as a whole, that amounts to almost 2.2 million tonnes of edible food wasted each year, costing Canadians in excess of \$17 billion!”



### Ways To Avoid Food Waste!

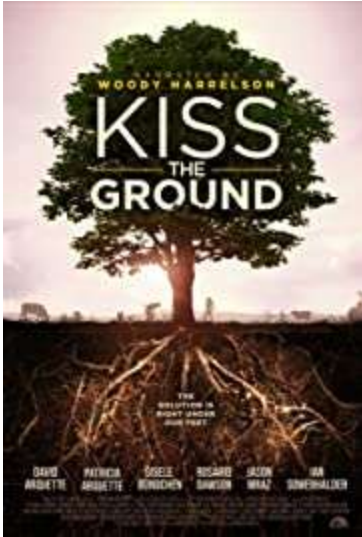
- Check your fridge and cupboards before shopping.
- Make a weekly meal plan using what you already have first
- Get smarter about best before dates [Date labelling](#)
- Store foods correctly

**Buy less, eat modest portions at meals, and savor all our food as we consume it.**

### Movie Recommendation

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## Netflix - KISS THE GROUND



*“With the accelerating rate of natural disasters happening around the world, now more than ever we must make a positive impact on the Earth through our choices as consumers and the way we farm our food.”*

(Executive producer RJ Jain)

### **A Prayer During Lent to Help Guide Us in Our Efforts to Reduce Food Waste**

Dear God, give us the patience, grace and reverence to stop wasting so much food. May we be always grateful for the blessings of strength and flourishing that come from our food. And may we continue to find ways to get food to the hungry. (Adapted from *Spirituality & Practice*)

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