**ECO-ACTION FOR THE WEEK**

February 19, 2021 – Actions for Our Own Dear Planet



**Eat organic food —** **Factory farmed fruit, vegetables, and meat contribute about 30% of greenhouse gas emissions!**Choosing organically-grown food not only reduces greenhouse gas emissions, but also helps preserve Earth’s water, soil, air, ecosystems, farm workers’ health, and ultimately improves all other interrelated issues. *Changing food habits is one of the hardest changes to make. That’s why we saved this for Lent!* Total and immediate conversion to organics is not required; begin or increase consumption. Cheers if you grow your own organic food!

* Consider Pope Francis’ words in *Let Us Dream*: "More land needs to be opened up to small-holders growing food for local consumption using organic, sustainable methods.”
* For more information: [https://www.foodlion.com/fresh-ideas/reasons-to-buy-organic---and-what-it-really-means](https://www.foodlion.com/fresh-ideas/reasons-to-buy-organic---and-what-it-really-means/)
* Ask your legislator(s) to support organic farmers, including minority farmers, and to prohibit toxic pesticides like Roundup.
* Suggestion for Lent: increase your purchases of organic food.

**Enjoy** [***Haiku for Our Planet***](https://www.slideshare.net/secret/wdMurdmyKiK3Ol)**– our own original poems – THANKS to those wrote them and to Kathleen Dullea for gathering them into a beautiful collection. Keep them coming! – send to** **kdullea@shcj.org**