**ECO-ACTION FOR THE WEEK**

February 26, 2021 – Actions for Our Own Dear Planet



**Factory farmed meat and poultry** **cause more climate change than all forms of transportation combined!!** They are **one of the top three** causes of soil depletion, global warming, desertification, and water pollution! Again: *Changing food habits is one of the hardest changes to make*— but makes an important difference. Thanks to those who already reduce their consumption of these animal products! Lent is a great time to begin.

* Read either <https://www.dw.com/en/meat-atlas-its-time-to-rethink-what-we-eat/a-56145352>  **or** [Here they are](https://us.e-activist.com/page/email/click/10031/534361?email=FncM4qJdvBrH1dhYBlxefoNPjbcek5hH&campid=TbaO10vUmU2ZkArzVWMSmA==)  (13 reasons to avoid food from factory farms) **or** watch [Cowspiracy: The Sustainability Secret](http://www.cowspiracy.com/)
* Ask [http://www.ecosia.org](http://www.ecosia.org/)for vegetarian recipes
* Try the ever-increasing varieties of plant-based meat and poultry substitutes
* Ask your state and/or federal legislator(s) to provide jobs for displaced meat producers

**Q:** What about eggs and their containers? **A.** Good question! So many ways to grow egg-laying hens, and so many ways to package the eggs! Definitely avoid factory-farmed eggs and plastic/styrofoam containers. Learn about better options: [https://aldf.org/article/egg-labeling-regulations-guide](https://aldf.org/article/egg-labeling-regulations-guide/)