

ECO-ACTION FOR THE WEEK

June 11, 2021 – Actions for Our Own Dear Planet



Eat for your own and Earth's health:

- **Pray** that we increase our respect and concern for food, land, water, farmers, migrant workers, wild animals and ecosystems. Remember the divine presence in each of these, their development over the ages, and how each interconnects with all life.
- **Choose fair trade and organic** coffee, tea, chocolate, and produce. If there is extra cost, consider it a contribution to the protection of growers, soil, water, and wildlife.
- **Waste not:** About 17% of all the food produced in the world goes to waste. See: [20 Easy Ways to Reduce Your Food Waste - Healthline](#). (It requires a second click.)
- **Compost** coffee filters, coffee grounds, tea bags, food and plant scraps.
- **Reduce consumption** of highly-processed “junk food.” It’s filled with unhealthy fats, sugar, and synthetic ingredients. While convenient and cheap, it increases societal inequities and harms human health and the environment. If the price is too good to be true, consider what it probably contains!
- Reduce nitrogen: [Reducing Your N Footprint | Nitrogen Footprint](#)
- **Read** Melissa Studdard’s poem, “I Ate the Cosmos for Breakfast” (see Delving Deeper below)

For Delving Deeper, click here: [link to Delving Deeper 6-11-21.pdf](#)

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