



LAUDATO SI' ACTION TIPS

- When possible, purchase vegetables, fruits, meats and cheeses grown in Georgia and in the southeast to reduce greenhouse gases emitted during transportation.
- Buy organic and naturally grown food if possible. Organic agricultural practices avoid synthetic chemicals when producing vegetables, fruits, meat, fish and dairy.
- When stocking up on groceries, choose items with less packaging. Try to buy in bulk and freeze or package food in small portions to reduce cardboard and plastic wrapping. Also, since plastic grocery bags are a major source of litter, use cloth or recycled fiber bags to pack your groceries.
- Try to eat more fruits and vegetables! The new U.S. Department of Agriculture dietary guidelines recommend that half of our meals should consist of fruits and vegetables.
- Skipping meat one day a week is good for you, great for our nation's health, and fantastic for our planet. It takes approximately 1,850 gallons of water to produce a single pound of beef, as opposed to just 39 gallons of water to produce a pound of vegetables. Thirty countries and counting have signed on to the "Meatless Mondays" worldwide movement that encourages people to adopt this habit.
- On Lenten fast days, feature a meal consisting of a bowl of rice, the staple in many developing countries. Then, donate the cost of a full meal to Catholic Relief Services (CRS) Rice Bowl. 75% of the money supports CRS' programs around the world, and 25% supports hunger and poverty programs in local communities.
- Consider fasting one day per month. Fasting is an ancient and integral part of our faith tradition, and studies have shown that periodic fasting is healthy for you.
- When possible, buy eco-friendly compostable disposable plates, cups and utensils. These are great options for a Lenten fish fry, family gatherings and other social events.