



*"The effects of our **encounter** with **Jesus Christ**...*

*...becomes **evident** in our relationship with the **world** around us"*

Pope Francis, Laudato Si', 217

## • FOOD • WASTE •



Globally, one in nine people are hungry or undernourished<sup>i</sup>



2.37 billion people did not have access to enough safe and nutritious food in 2020<sup>i</sup>



32 per cent of all food purchased per year is not eaten, 61% of the waste is avoidable<sup>ii</sup>



29% of fruit and vegetables that are bought are thrown away, many fruit and veg do not make it into the stores as they are deemed too ugly<sup>iii</sup>



25% of the world's fresh water supply is used to grow food that is never eaten<sup>iv</sup>

*"We must examine our lives and acknowledge the ways in which we have harmed God's creation through our actions and our failure to act. We need to experience a conversion, or change of heart."*

AUSTRALIAN CATHOLIC BISHOPS' CONFERENCE  
***A New Earth – The Environmental Challenge (2002)***

- caring for creation -



# • STANDING FOR CHANGE •

## **Your daily life:**

- ✓ Do you plan your meals around what needs to be eaten?
- ✓ Are you purchasing too much perishable food?
- ✓ Teach your children the importance of caring for our common home

## **Ongoing change:**

- ✓ Could you start to buy the wonky/less than perfect veg to encourage supermarkets to continue to offer them?
- ✓ Could you do a meat free day?
- ✓ Could you plan meals weekly to avoid waste?

## **In the Parish:**

- ✓ Tell someone what you are doing & encourage them to join in

# • FIND OUT MORE •

<https://www.food4families.org.uk/>

<https://meatfreemondays.com/>

<https://www.lovefoodhatewaste.com/>

<https://www.thefrugaltoad.com/>

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<sup>i</sup> <https://www.actionagainsthunger.org.uk/why-hunger/world-hunger-facts>

<sup>ii</sup> <https://www.unep.org/thinkeatsave/get-informed/worldwide-food-waste>

<sup>iii</sup> <https://toogoodtogo.org/en/movement/knowledge/what-food-is-wasted>

<sup>iv</sup> <https://www.mr-organic.com/news/food-wastage>

