



St. Francis of Assisi Parish
Adult Faith Formation Committee presents...

What's for Dinner during Lent?

Lent can be a time to bring together the act of eating with our spirituality.

The practice of abstaining from meat on Ash Wednesday and the Fridays of Lent provides us with a religious experience that places us in solidarity with our sisters and brothers around the world, especially those who experience hunger on a daily basis.

As an additional spiritual practice, consider including one extra day each week to abstain from meat.



Three Reasons to Consider Cutting Back on Meat

World Hunger

- Twenty million people world-wide will die as a result of malnutrition this year.
- It takes sixteen pounds of grain and soybeans to produce one pound of beef.
- If Americans reduced their intake of meat by 10%, 200 million could be fed.

The Environment

- Three times more fossil fuel emissions come from eating a meat-centered diet than a meat-free diet.
- More than half of all water used in the US. goes for livestock production
- There is no uniform set of rules to deal with animal waste that is swimming with bacteria, hormones, antibiotics and pesticides.

Ethical Considerations

- The number of animals killed for meat in the U.S. equals 660,000 per hour.
- The occupation of slaughterhouse worker has highest turnover rate in the U.S.
- Slaughterhouse workers have the highest rate of on-the-job injury.



The Church asks us to focus on fasting, prayer and almsgiving during the season of Lent.

Please consider donating the money you save by not eating meat to feed the hungry at **Loaves & Fishes**. Special envelopes will be available at AFFAC events for this purpose.

Our Holy Thursday collection this year will also go to Loaves and Fishes.

Web Resources

Bread for the World Institute (www.bread.org/BFW-Institute)

Mission: "Bread for the World Institute provides policy analysis on hunger and strategies to end it. The Institute educates its advocacy network, opinion leaders, policy makers and the public about hunger in the United States and abroad."

United Nations World Food Programme, *Food Force* **(<http://beta.wfp.org/>)**

The World Food Programme sponsors an educational game, *Food Force*. Wikipedia (http://en.wikipedia.org/wiki/Food_Force) describes *Food Force* as an "educational game published by the United Nations World Food Programme (WFP) in 2005. Due to its content, it is considered a serious game (game with educational purpose). Players take on missions to distribute food in a famine-affected country and to help it to recover and become self-sufficient again. At the same time they learn about hunger in the real world and the WFP's work to prevent it." The game may be downloaded for Windows PC and MAC at www.food-force.com/index.php/game/downloads.

Monterey Bay Aquarium: *Seafood Watch* **(www.montereybayaquarium.org/cr/seafoodwatch.aspx)**

The Monterey Bay Aquarium sponsors Seafood Watch, "A program of Monterey Bay Aquarium designed to raise consumer awareness about the importance of buying seafood from sustainable sources." The web site contains Seafood Guides, suggestions for conservation, information about their Restaurant Program, and links to additional resources.

Sustainable Table (www.sustainabletable.org)

"Sustainable Table celebrates local sustainable food, educates consumers on food-related issues and works to build community through food." The site includes recipes and educational material for creating a sustainable kitchen in your home and community.

Books

Mark Bittman: *Eat Right, Save the Planet*
Michael Pollan: *The Omnivore's Dilemma: A Natural History of Four Meals*
Michael Pollan: *In Defense of Food: An Eater's Manifesto*