

# Take the Village Church Lenten Meal Pledge

Care for God's Creation by reducing your impact on the Environment

## EATING SUSTAINABLY

Fight global warming with your fork



The earth is God's precious gift to us entrusted to our care. In caring for God's creation, we demonstrate our love for neighbors around the world. Please join the Village Church pledge to care for God's creation this Lent by eating lower on the food chain, which means eating less meat.

What you **eat** makes a difference!

Pound for pound, lamb, beef, and pork generate more greenhouse gases and harm the environment because they require more chemical fertilizer, feed, fuel, pesticides, and water.

What you **waste** makes a difference!

One third of all food produced in the US is wasted or discarded. This amounts to an average of 430 pounds per person per year. Food waste squanders resources, water, arable land, and money. If it is dumped in landfills, its decomposition emits methane, a greenhouse gas (GHG) that is 21 times more damaging than CO<sub>2</sub>.

If you want to reduce the carbon footprint of your food, focus on what you eat.

During the 40 days of Lent (February 17-April 3), we invite you to eat meatless meals one day a week, eat proteins with lower carbon footprints such as poultry and fish, and reduce the amount of food wasted.

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If you aren't already a vegetarian or vegan, consider one or several of the following actions:

- Eat one or more meatless meals one or more days a week.
- Eat smaller portions of meat (4 ounces: about the size of a deck of cards).
- Eat less beef and lamb.
- Eat proteins with a lower carbon footprint (such as pork, poultry, fish, quinoa, or beans & rice).
- Reduce the amount of food waste and save and eat leftovers.
- Fast one meal or one day a week.



According to Project Drawdown, food lies at the heart of trying to tackle climate change, reducing water stress, pollution, restoring lands back to forests or grasslands, and protecting the world's wildlife. Food is also an area where we as individuals can have significant impact.

# Environmental Impacts of Food and Agriculture

Food's GHG emissions come from land use change, farming, animal feed, processing, transportation, retail, and packaging. These emissions account for over a quarter (26%) of global GHG emissions that are contributing to climate change.

The chart below summarizes the global impacts of several food choices expressed in **GHG Emissions per Kilogram of Food Product**. It is taken from a January 2020 report published by Our World in Data, an online scientific publication that is a project of the Global Change Data Lab. Compare the following food choices:

Beef	60 kg CO <sub>2</sub> equivalents per kg product
Lamb	24 kg CO <sub>2</sub> equivalents per kg product
Pork	9 kg CO <sub>2</sub> equivalents per kg product
Poultry	6 kg CO <sub>2</sub> equivalents per kg product
Fish (farmed)	5 kg CO <sub>2</sub> equivalents per kg product
Fish (wild catch)	3 kg CO <sub>2</sub> equivalents per kg product

