

[EarthBeat](#)

[Faith](#)



by Brenna Davis

[View Author Profile](#)

## [Join the Conversation](#)

Send your thoughts to *Letters to the Editor*. [Learn more](#)

March 10, 2020

[Share on Bluesky](#)[Share on Facebook](#)[Share on Twitter](#)[Email to a friend](#)[Print](#)

---

## **PAUSE**

(NRDCflix)

---

## **REFLECT**

How is the video inviting you into the experience of conversion on the issue of food waste today?

---

## **PRAY**

Find a food that has been hiding in the back of your refrigerator and say a prayer of thanksgiving as you eat it, compost it or throw it away. Then check out these [practical organizational and storage tips](#) to prevent food waste in your own home.

---

**Lenten Daily Food Reflections**

pause | reflect | act

*Editor's note: These daily reflections on food, faith, climate and our lives will provide spiritual sustenance for the Lenten journey. They are inspired by the [Lenten Food Waste Fast](#) at the Ignatian Solidarity Network.*

## Advertisement

This story appears in the **Lenten Daily Food Reflections** feature series. [View the full series.](#)