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## PAUSE

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## REFLECT

"When we throw away food, we're also throwing away the land, water, and energy used to produce that food."

Pete Pearson, Director of Food Waste, [World Wildlife Fund](#)

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## FAST

Use this [infographic](#) to see how much water is needed to produce common foods we eat. Try to cut out one water intensive food today.

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### 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.*

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