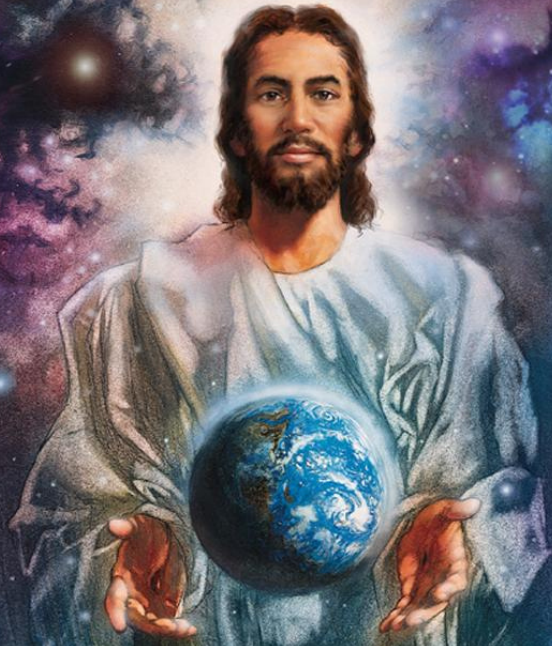


Pray for and with All Creation Daily



PROTEC YR 2
CAMPAIGN:
(1 Sep 2021 –
31 Aug 2022)

CUT DOWN
MEAT, DAIRY &
FOOD WASTE



"PROTECT OUR EARTH,
PROTECT OUR CHILDREN" CAMPAIGN
1 September 2020 – 31 August 2025

The livestock and dairy industry emits huge amounts of pollutants and 14.5 % of greenhouse gases (GHGs) which cause global warming. It drives deforestation and animal cruelty

One-third of the food produced globally is wasted
Food waste produces 8-10 % of GHGs

- **EAT MORE LOCAL PLANT-BASED FOOD**
- **STOP WASTING FOOD and**
- **PRAY FOR AND WITH ALL CREATION DAILY**

Let's say this prayer everyday:

Creator God, we thank You for the gift of the life which You lovingly wove into being.

We confess we have not cared for Your creation. Your world grows hotter, hungrier, sicker and the people and planet cry out for hope.

In Your love, Lord, we answer for we know that things can change.

Give us the courage to bring Laudato Si' to life to care for all communities and species suffering from environmental harm.

Bless all who labor for an integral ecology that they might inspire others to discover Your face in our suffering and beautiful world.

We ask this in Jesus's name.
Amen

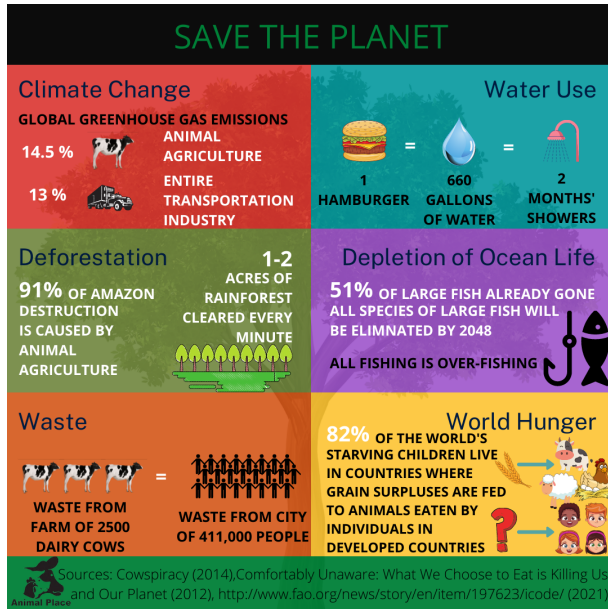
 @cjcjmjd

"PROTECT OUR EARTH, PROTECT OUR CHILDREN" CAMPAIGN
1 September 2020 – 31 August 2025
An urgent nationwide Catholic campaign to protect all life on Earth
"Choose life that you and your children may live" Deut 30:19



The United Nations states that animal agriculture “is exerting mounting pressure on the world’s natural resources” and contributes to land degradation, species loss, and water pollution and waste.

Planetary Health Diet



The modern western way of eating is making very large numbers of people fat and sick as other parts of the world adopt it. Diet-related diseases now cause roughly 11 million deaths a year². Preventable diseases such as heart disease and strokes, cancers, obesity and diabetes have increased along with our way of eating. 720 to 811 million people in the world faced hunger in 2020. Nearly 2.37 billion people did not have access to adequate food in 2020. The high cost of healthy diets and persistently high levels of poverty and income inequality continue to keep healthy diets out of reach for around 3 billion people in every region of the world³. Yet at the same time, 2 billion are overweight or obese⁴. It is not uncommon to find undernutrition and obesity co-existing within the same country, the same community and the same household⁴ as calorie-heavy but nutrient-light processed industrialised foods are adopted.

- <http://www.fao.org/ag/aginfo/themes/en/Environment>
- <https://www.thelancet.com/journals/lancet/article/8/fulltext>
- <http://www.fao.org/publications/sofi/en/>
- <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight> 9 June 2021)



Food systems are responsible for up to 1/3 of greenhouse gas emissions, with many of the most carbon-intensive sources also the same as those driving higher rates of diabetes, cardiovascular diseases, and cancer worldwide, especially red meat. Halving meat and sugar, doubling plant-based consumption will save an estimated 11 million lives per year as well as halving greenhouse gas emissions

<https://www.hausvoneden.de/wp-content/uploads/2020/03/Planetary-health-diet.jpg>

Watch this video: "Can healthy food save the planet?"

Link: <https://youtu.be/Pic42oIU0Ik>

And make a pledge to take action:

"I support the Protect Our Earth, Protect Our Children campaign by the Creation Justice Commission by making this pledge to eat for my own health and the health of Mother Earth. I commit to ___ (choose one from below)"

- becoming a semi-vegetarian, that is, to eat meat only occasionally (↓ GHG by 20% that of non-vegetarian)
- becoming a pescovegetarian, that is, to eat fish but no other animal meat (↓ GHG by 23.8% that of non-vegetarian)
- becoming a lacto-ovo vegetarian, that is, to eat dairy, but no animal meat (↓ GHG by 27.8% that of non-vegetarian)
- becoming a vegan, that is, to refrain from consuming any animal products (↓ GHG by 41.7% that of non-vegetarian)
- adopting the "Planetary Health Diet" that is, halving meat and sugar, and doubling plant-based food
- going meatless two or more days a week

