

[News](#)



(Pixabay/Skitterphoto)



by Brenna Davis

[View Author Profile](#)

[Join the Conversation](#)

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

March 20, 2020

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

PAUSE

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](#)

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.

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.](#)