

LSAP Goal #4
Adoption of Sustainable Lifestyles

some helpful images

TOPIC 1

FOOD CHOICE

Try choosing beans and other plant-based proteins more often...

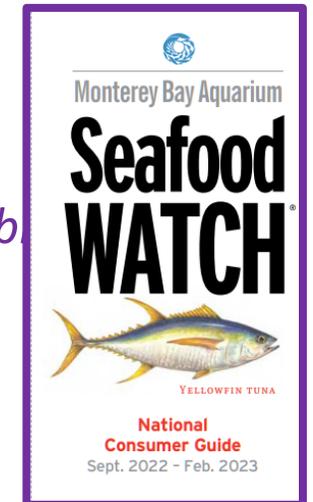
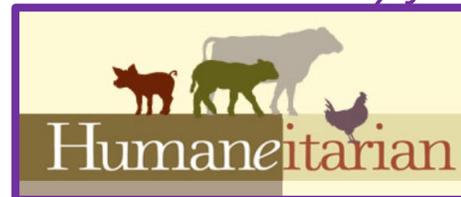


Consider abstaining from meat on Fridays year-round, and/or instituting meatless Mondays...



Rely on animal and fish-based proteins less often...

(look for meat sources committed to humane treatment and sustainable practices, and for seafood that was sustainably farmed or caught)

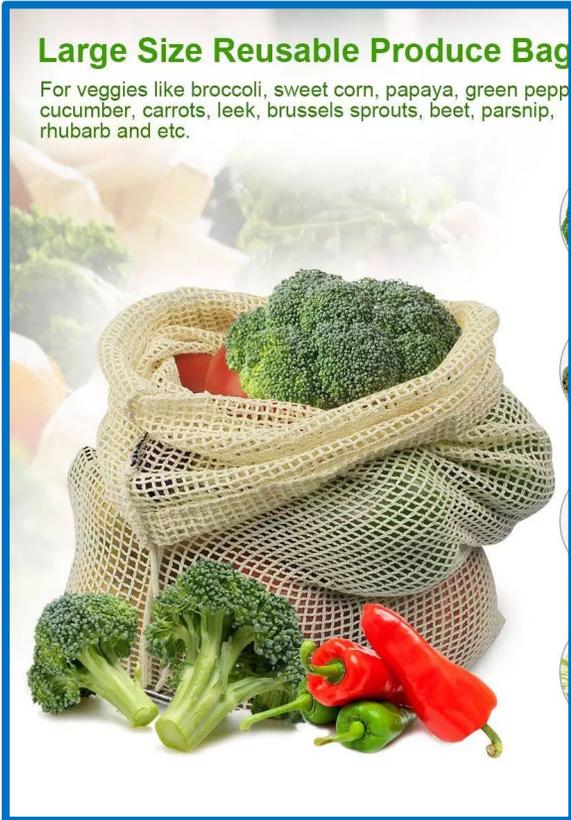


Choose fruits and vegetables that are in season, and didn't travel far...

(this produce might have less packaging, too).



*Try skipping the plastic produce bag,
letting your food “go naked” or using a cloth, re-usable bag*



*Consider growing some of your own veggies, subscribing to a
Community Supported Agriculture, or shopping at Farmers Markets...*

Consider where your pantry items are from, how many chemicals were used in making them, and how they are packaged...

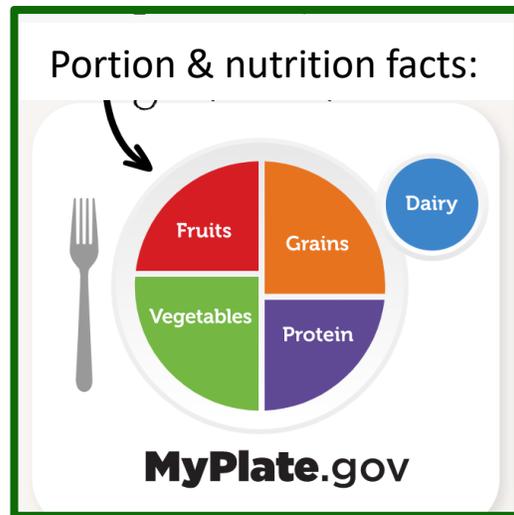


Commit to future items that didn't travel far, are packaged in glass, aluminum, metal, or recycled paper, and are organic wherever possible...

Try not to waste food...

Make a list before grocery shopping to cut down on unnecessary items...

...cook reasonable amounts, order small portions or “split” meals at restaurants...



Enjoy leftovers at another meal, or freeze them...

...compost scraps, or recycle foods through municipal programs...

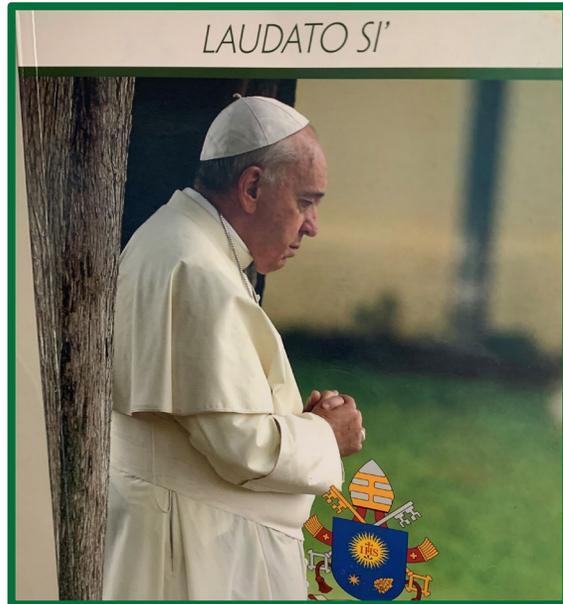
Refresh your nutrition and portion knowledge at **MyPlate.gov**

Consider eating simple meals some days, in solidarity with people with less abundance



On those days especially, give thanks for all that we enjoy, and pray for those who are going without...

Finally, re-consider Pope Francis' words on giving thanks to God before and after meals...



“...I ask all believers to return to this beautiful and meaningful custom. That moment of blessing, however brief, reminds us of our dependence on God for life; it strengthens our feeling of gratitude for the gifts of creation; it acknowledges those who by their labours provide us with these goods; and it reaffirms our solidarity with those in greatest need.”

Laudato Si', paragraph 227

Mercy Meatless Mondays PDF booklet presents some good recipes and ideas for eating more sustainably...



https://www.sistersofmercy.org/wp-content/uploads/2022/02/2022-Mercy-Meatless-Mondays_compressed.pdf

WE RECOMMEND
A SHORT BREAK
FOR DISCUSSION

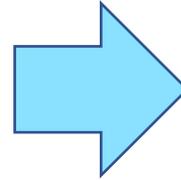
TOPIC 2

KEEPING HOLIDAYS and CELEBRATIONS

“HIGHLY JOYFUL” and “LOWLY WASTEFUL”

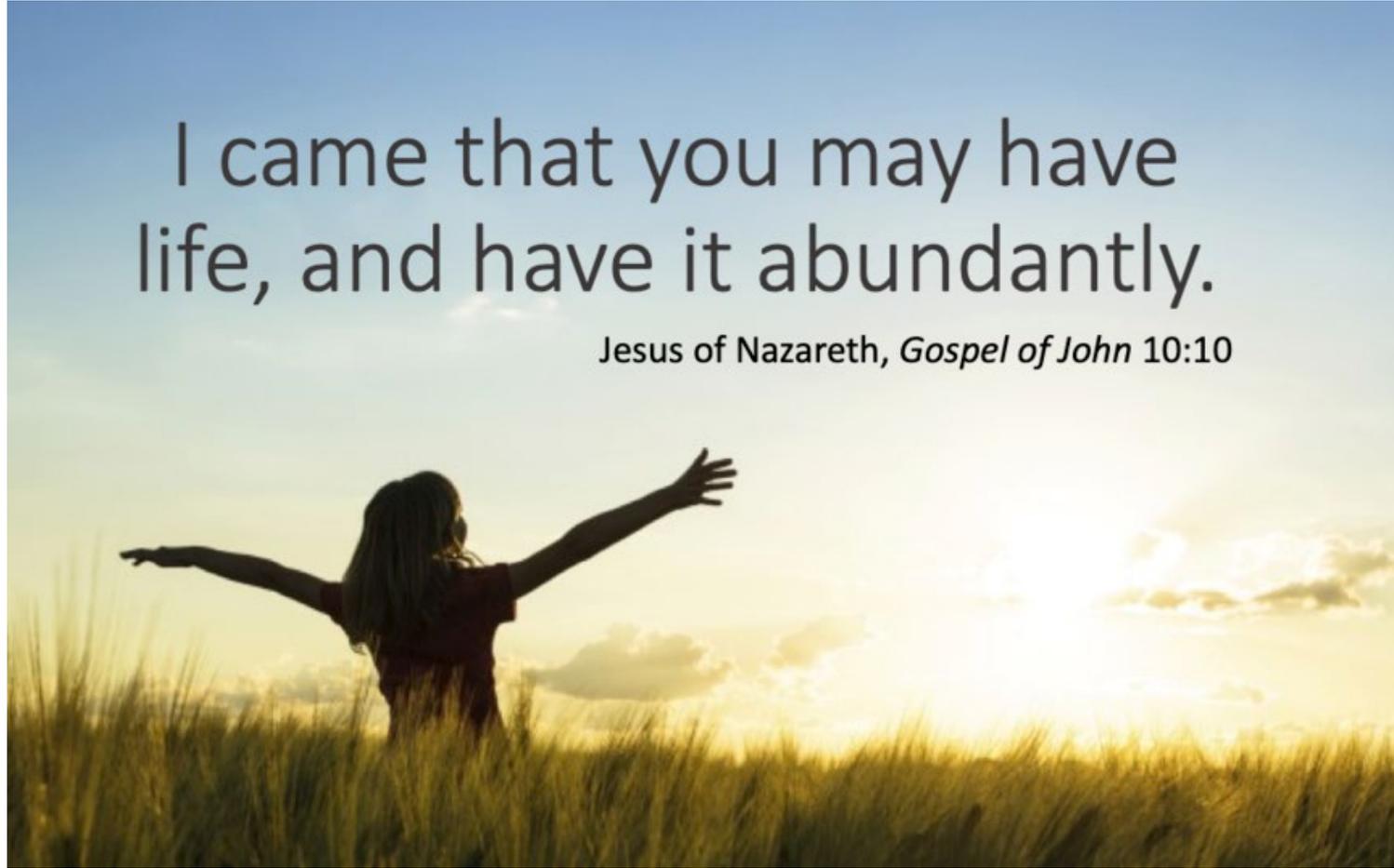
In Laudato Si', the Pope cautions against consumerism, which "baffles the heart" and prevents us from "cherishing each thing and each moment"

(LS, para 222)



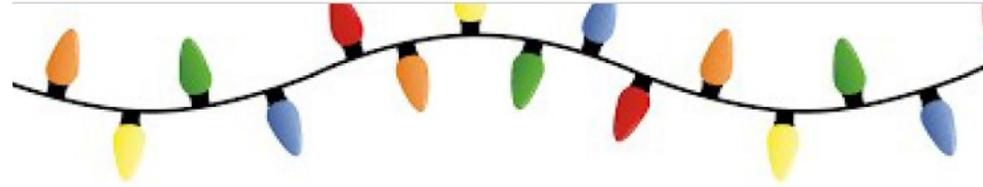
I came that you may have
life, and have it abundantly.

Jesus of Nazareth, *Gospel of John 10:10*



Remembering this promise can help keep our celebrations in perspective...

Consider how you and your family can focus celebrations on *gratitude* and *relationships*, and de-emphasize “stuff”



Holiday To-Do-List

- ~~Buy presents~~
- ~~Send gifts~~ *Peace*
- ~~Shop for food~~ *Donate*
- ~~Wrap gifts~~ *Someone in a hug*
- ~~See the lights~~ *Be*

More Sustainable Gifting

- Gifts of Experience: taking others to see Christmas lights, Christmas services, relatives, concerts, plays, or museums. Plan a hike together.
- Gifts of Ourselves: praying a rosary or even a “Novena” for someone, doing yard work or cleaning the garage, babysitting, or other forms of uninterrupted time.
- Gifts in Honor of Our Loved Ones: consider donating to a charity or non-profit organization in honor of your family and friends. Another idea is to give 25% of what you spent last year to the needy.
- Gifts You Have Created or Recycled: Books, CDs, videos, crafts, wood carving, paintings, and your baked treats. Write a booklet of your favorite recipes, stories, jokes, life experiences, wisdom and poetry.
- Plan Gifts: This eases last minute and impulse shopping.
- Choose Environmentally friendly shipping options.
- Say NO to Plastic: Be aware of plastic packaging and containers. Seek alternatives!

What are your ideas?

Bring a reusable bag to the store rather than getting a new bag for each purchase.

Treasure hunts for oversized too-large-to-wrap packages can create a special sense of festivity and reduce wrapping waste.

Use reusable dishes, glassware, silverware, and napkins for entertaining. Ask family and friends to bring extra tableware to help avoid single use, disposable items.

Avoid glitter, confetti, fireworks and things like “singing” holiday cards. Seemingly innocent decorations like these make it so that even paper is unrecyclable.

Postmasters report that up to 20 percent of all mail is incorrectly addressed or otherwise undeliverable. Save time, money, and resources by updating and paring down your list; by sending e-mail wishes.

**Tips to
Reduce
Waste...**

**A Little
Effort
Goes a
Long Way!**

GREENING THE SEASONS

REUSE
GIVE YOUR ITEMS
A SECOND LIFE!

Switch to reusable materials



Reuse what you have to create unique gifts or decorations!



Donate

Lightly used!



Reuse, repurpose, or donate your household items.

...beware of "greenwashing"...



An unsubstantiated claim to deceive consumers into believing that a company's products are environmentally friendly or have a greater positive environmental impact than what is true.

Look behind the buzzwords.

Sustainable, Eco, Natural

Do your research.

Use common sense.

3rd party certification.

www.greenerchoices.org/eco-labels
SWANCC Eco Friendly Marketplace Guide

Consider this gift to your loved ones...



Buy Me Nothing Coupon

Buy Me Nothing. I'll Still Love you.

This coupon entitles the bearer to give love instead of
mass-produced gifts.

(Clip it, copy it, give it to your loved ones.)

And finally...

A person with long brown hair, wearing a blue jacket and a brown knit scarf, stands with their back to the camera in a forest. The forest is filled with tall, thin trees, and the ground is covered in green grass and fallen leaves. The lighting is soft, suggesting an overcast day.

Don't forget to practice gratitude...
outdoors can be a good setting for this...

**Consider how the
holidays can benefit
all of Creation...**



When you start to feel busy, spend more time in prayer

WHAT ARE YOUR IDEAS?

*God saw everything that He had
made, and behold, it was very
good...*

Genesis 1:31



END