

# LiveSimply Lenten Actions

Pope Francis is calling us to “care for our common home” and asks all people of the world to take “swift and unified global action.”



As a parish, we at St. Joseph’s can do our bit. During the weeks of Lent, we can show our care for Creation by considering acting in some of the following ways:

## Week 1 | Avoid using the car for short journeys

- Is it possible to walk or cycle instead (for your journey to church, did you know we have a bike rack in the rear car park)?



- For longer journeys, could you use public transport, or share a lift with someone?
- Perhaps make your car journey shorter by walking part of the way?

## Week 2 | Avoid eating meat on Fridays

- If you already do this, why not add in another day too?
- If you’re already vegetarian, consider going vegan on Fridays in Lent
- Did you know that having a plant-based diet significantly reduces your carbon footprint?

There are plenty of delicious vegetarian recipes online: try BBC Good Food, Lazy Kat Kitchen, Waitrose...

Here's one you might want to try!

## **Butternut and chickpea curry**

**Serves: 6**

### **Ingredients**

Sunflower oil spray  
1 onion, diced  
3cm piece root ginger, chopped  
1 butternut squash, seeded and cubed  
2 x 400g cans chopped tomatoes  
2 x 400g cans chickpeas, drained and rinsed  
2 tbsp curry paste  
300g frozen chopped spinach  
6 tortilla wraps or chapattis

For the salad:

1 cucumber portion, seeded and diced  
1 red onion, finely chopped  
150g low fat natural yogurt  
2 tbsp chopped mint  
1 tsp toasted cumin seeds  
Squeeze of lemon juice

### **Method**

1. Spray a large pan with sunflower oil and cook the onion, ginger and squash for 5 minutes until the onion is tender.

2. Add the tomatoes, chickpeas and curry paste and simmer gently for 15 minutes until the squash is tender.

Add the spinach and simmer for a further 5 minutes, until the spinach has thawed and the curry is piping hot.

Turn into a large serving bowl.

3. Meanwhile, stir together the cucumber, red onion, yogurt, mint and cumin seeds. Add a squeeze of lemon juice to taste, then spoon into a serving bowl.

4. Warm the tortilla wraps or chapattis according to packet instructions and serve with the curry and yogurt salad.

## Week 3 | Look out for the Fairtrade logo



Check packaging when buying products such as coffee, bananas, tea, chocolate, cocoa, sugar, flowers etc.

One in three bananas bought in the UK is Fairtrade, making a huge difference to thousands of farmers, workers and their families.

The FAIRTRADE Mark stands for fairly produced and fairly traded products. It means the product is fully traceable (kept separate from non-certified products) from farm to shelf.

## Week 4 | Using local food banks

- Foodbank demand in Thame has increased 70% since 2022
- There are donation points in all supermarkets in Thame and in the foyer of St Joseph's church
- 'Buy one get one free' deals can sometimes lead to wasted food but are also an opportunity to donate your 'free' one to foodbanks
- If you prefer to donate regularly, you can donate as a one off or a regular donation to the Sharing Life Trust at: [sharinglifetrust.org](http://sharinglifetrust.org)

## Week 5 | Reducing food waste

Reducing food waste is the number one solution to the climate crisis, coming above electric cars, solar power and plant-based diets.

### Things we can do to reduce waste:

- Only buy what we actually need
- Use up items with the shortest shelf/fridge life first
- Remember most foods, including vegetables, fruit, meat and eggs, can be frozen to use later.

Thame Community Larder allows members to buy supermarket surplus food for a small membership fee - see [sharinglifetrust.org](http://sharinglifetrust.org) for details. It is run by volunteers on Thursday afternoons at Christchurch, Thame.

The 'Too Good To Go' app allows you to source and buy food cheaply which would otherwise be thrown away by local cafes and shops.

## Week 6 | Grace before meals

Saying grace before a meal is a way of saying thank you to God for making the earth and everything in it. Grace is a reminder that all good things come from God, and it's up to us to respect and care for our planet.

It might be a traditional version such as: Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ, Our Lord. Amen.

Or we can say a simple 'Thank you' in our own words.

Some thought-provoking facts:

More than a third of all food produced globally ends up going to waste.

All one billion of the world's hungry people could be fed with less than a quarter of the total food wasted by the US, the UK and Europe.

25% of the world's fresh water supply is used to grow food that ends up never being eaten.

If food waste were a country, it would be the world's third largest emitter of greenhouse gases after China and the USA.

Wasting food at home costs the average UK family £700 per year.