

# Season of Creation



ArchIndy  
Creation Care  
Commission

## Meatless Mondays

Skipping meat just one day a week helps our planet; for example, to produce a “finished” steak we spend energy, water and other natural resources. To maintain the current meat diet of humans worldwide, we use farmland to sustain the animals and their feed, leading to deforestation in many areas. In addition, almost 15% of all greenhouse gas emissions are created by the meat industry.

Producing fruits and vegetables requires less energy and water than most meat. For example, it takes approximately 1,850 gallons of water to produce a single pound of beef, as opposed to just 39 gallons of water to produce a pound of vegetables.

*Lord - all we have is what You have given us. Life is a gift. Food is a gift. This earth is a gift. Help us live lives that express our gratitude for all Your gifts - life, food, and the beauty of this earth.*

## Take Action!

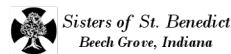
- Try not to eat, or decrease the amount of meat you eat on Mondays
- Search new recipes without meat
- Teach other people to be aware of the unsustainable side of meat
- Make a meatless meal for your family or friends or go meat-free when you eat at restaurants

This is not intended to provide medical advice. Consult your physician before starting something new!

[OurCommonHome.org](http://OurCommonHome.org)

From Sept to Oct each year, Christians around the world celebrate the Season of Creation by praying and acting together to protect our common home. Find resources and sign up for more tips to your inbox on the website!

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### Resources

#### Meatless recipes

- [Meatless 30 Minutes Meals](#)
- [24 meatless recipes that carnivores love](#)

#### Impacts of different food on the environment

- [ewg.org/meateatersguide/eat-smart](http://ewg.org/meateatersguide/eat-smart)

#### Videos that summarize the environmental impact of animal agriculture

- [What if the World Went Vegetarian?](#) (video)
- [Eat Less Meat and Help Reduce Climate Change](#) (video)

#### Articles

- [Tackling the world's most urgent problem: meat](#) (UN Environment)
- [Laudato Si' and Veganism?](#) (Markkula Center for Applied Ethics)
- [A year of Living Laudato Si'](#) (Catholic Register)
- [Beef is off the table](#) (US Catholic)

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