



EAT LESS MEAT CHALLENGE

Care for Earth Ministry invites all parishioners to join:

Six Week Meatless Monday Challenge.

We will explore delicious, nutritious and satisfying ways to care for creation. The goal is to create a community experience where we can discover new dietary habits while we learn about the ways modern food production is unsustainable.

The Challenge:

Begins Monday, January 16, 2023

Optional Pre-Challenge Event:

Community viewing of the Netflix documentary, Cowsspiracy on Wednesday January 11, 2023. We hope you will come out to learn about the impact of modern livestock agriculture on water, land, and greenhouse gas emissions. Even if you can't join us on January 11th, you can participate in the challenge!

Sign up by 1/5/23 and receive a copy of the St. Charles Eat Less Meat Recipe Book (created with recipes sent in by parishioners.)

Sign up using the link or scan the QR code : **YOUR LINK**

Questions email: **YOUR EMAIL**