

## Meat free Monday

### Why should I do that?

Eco Church is how we, as members of Amersham Free Church, are caring for God's Earth.

“The Earth is the Lord's and everything in it, the world and all who live in it”

This quote from Psalm 24 tells us that we should protect the natural world and everything that lives in it. Reducing our consumption of meat is one way of doing that.

### The Problem – Our Earth

The fertiliser spill-off from intensive arable farming changes the mix of nutrients in rivers, causing significant environmental damage. Greenhouse gas emissions from transporting food and from the growing numbers of animals raised for meat makes a considerable contribution to climate change.

Christians used to avoid meat on Fridays – and during fasting periods such as Lent. This was a spiritual discipline that helped them remember they weren't dependent on eating



### What could we do?

How about a 'Meat Free Monday' (or any other day come to that!)

It's a good idea – for both the environment and our personal health – to modify our diets to be predominantly vegetable and grain-based, with just a small amount of meat. If that sounds too big leap for you, then take a first step by having one day a week free from meat.

There's even a website about it ([www.meatfreemondays.com](http://www.meatfreemondays.com)). The site isn't just for vegetarians. It's for people who want to experiment with flavours and vegetables and discover that they can create exciting colourful meals without always relying on meat.

Eating more vegetables is not only good for your health, it is also for the planet, as it combats global warming. UN figures suggest meat production puts more greenhouse gases into the atmosphere than transport.

## And then...?

For future Family News editions please email me your favourite meat free recipes as so that we can share your tried and tested ideas.

Janet Reid – Eco Church Lifestyle