



## Jesuit Missions

### Celebrate the Season of Creation

1<sup>st</sup> September – 4<sup>th</sup> October 2020

### Jubilee for the Earth

## Get active! Try one of these Jubilee for the Earth challenges!

*I alone cannot change the world, but I can cast a stone across the waters to create many ripples.*

*St Teresa of Kolkata*

### 1. Go vegan!

Meat production has a devastating impact on the environment. According to recent research conducted at Oxford University and published in the journal *Science*, analysis shows that while meat and dairy provide just 18% of calories and 37% of protein, it uses the vast majority – 83% – of farmland and produces 60% of agriculture’s greenhouse gas emissions. Adopting a vegan diet helps to address numerous environmental issues, ranging from greenhouse gasses to land and water use. So, try not eating meat and dairy for a week!



According to a University of Oxford study, if everybody cut meat and dairy from their diet there could be...

- A 49 per cent reduction in greenhouse gas emissions from food production. (The Food and Agriculture Organisation of the United Nations claims that livestock is responsible for a whopping 14.5 per cent of global greenhouse gas emissions.)
- A 76 per cent reduction in land used for food production (67 percent of deforestation for agriculture, which causes carbon to be released into the atmosphere, is driven by the need for land for animal feed and pasture.)
- A 49 per cent reduction in eutrophication, where nutrients from fertilisers run into lakes and rivers, damaging ecosystems and reducing biodiversity. Source: BBC Food [https://www.bbc.co.uk/food/articles/vegan\\_vs\\_flexitarian](https://www.bbc.co.uk/food/articles/vegan_vs_flexitarian)

## 2. Say no to plastic!



Plastic production is less than 100 years old. Its impact will last for centuries. Some plastic products are used for only a matter of minutes before being discarded. Millions of animals are killed every year by plastic. Micro-plastics are present in the food chain.

*Photo: Children from St Joseph's School, Hurst Green speak out for change*

### Steps to reducing plastic in your life

- Complete a home plastic inventory to learn what plastic is part of your life
- Cut out items that use plastic, especially single use plastics, such as cling film
- Use reusable bags made from natural fibers for groceries
- Buy products which do not have plastic packaging
- Recycle plastic where possible
- Write to your supermarket and local shops asking them to stop stocking products that are packaged in plastic. Or, politely return plastic packaging to shops.

## 3. Try alternative transport

The first car was patented in 1886. It changed the way people live. But it has also had a profound environmental impact. Both the extraction of metals and fossil fuels are just part of the story of how automobiles create one of the most serious environmental challenges.

In the wake of Covid 19, many more of us are walking or cycling. This is a positive trend for the planet and one that needs to be maintained if the world is going to meet the target of reducing carbon emissions.



#### 4. Create a wildlife garden



Nature is declining globally at rates unprecedented in human history and the rate of species extinctions is accelerating. This is having a grave impact on people around the world warns a landmark new report from the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services. However, it is not too late. Ecosystems can recover, but it is important to act now. One way to do this is by starting at home.

Create a wildlife garden, by...

- letting grass grow long
- plant native species
- plant trees
- plant flowers for pollinators
- encourage wildlife into your garden by leaving access points in fences
- include a pond or water feature to encourage aquatic and amphibious life
- Go natural: avoid pesticides and herbicides
- Use food and garden waste to make compost

*Did you know? Research indicates that private gardens in Britain cover an area bigger than all the country's nature reserves combined, estimated at over 10 million acres?*

#### 5. Learn!

There is a wealth of information available about environmental issues. Get informed so that you can make a difference. See:

<https://www.nationalgeographic.com/environment/2019/01/commission-report-great-food-transformation-plant-diet-climate-change/>

<https://www.un.org/sustainabledevelopment/sustainable-development-goals/>

<https://www.un.org/sustainabledevelopment/blog/2019/05/nature-decline-unprecedented-report/>

<https://www.nationalgeographic.com/environment/2019/09/zero-carbon-cities-future/>

<https://www.wwf.org.uk/updates/ten-tips-reduce-your-plastic-footprint>

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