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by Carolyn Morrin

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Who knew that [fasting from food waste](#) could help us see our responsibility to slow the amount of carbon each of us puts in the atmosphere? I love how my refrigerator looks now, organized and ready to create healthy dishes, without wasting any of it.

Our [global health crisis](#) shows me more ways to be informed about food and the people who get our bounty to us. Farm workers can't shelter in place as I can, and neither can truck drivers or grocery clerks. I'm moved to gratitude and respect for those people. I am changed by both my Lenten fast and this Covid-19 pandemic to look with fresh eyes at my relationship to food and those who get it to me. My responsibility: Become better informed about those who play such an important role and to use the bounty they deliver without wasting any of it.

*--Carolyn Morrin is a retired teacher, a widow, a mother of five and a grandmother of five who lives in Monroe, Mi.*

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