



industrial food system going.

- The number one “No oil in the lamp” tip is grow your own. Whilst during lent its probably impossible to bring something to the cropping stage you can plant stuff to harvest over the summer. If you don’t have any land this is no excuse. Did you know you can grow Strawberries and potatoes in containers? Grow lettuce and herbs in window-boxes.
- Make your own bread (the subject of [another blog entry](#)), in fact try to cook everything fresh.
- Don't throw food away.
- Buy local if possible.
- Cut down on the meat this lent, its better for you and the environment. Be careful about buying fish though, many species are getting fished out. This is the big change my family has made starting last lent. We are about 90% veggie now.

This is a quick run through of some ideas and our book has more and in more detail as does our lent study guide. Most of all have fun doing this and remember what lent is about. The lent study guide is here [No oil in the lamp lent guide](#). Neil PS this is an updated post from last year.

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