

Launch Living Lent

Has your church decided to commit to Living Lent together this year? Why not host a Living Lent Launch event, like a pancake party!

You will need:

- **A frying pan,**
- **A lot of pancake batter,**
- **Some cooking oil,**
- **Plates, cutlery and maybe some drinks,**
- **Some eco-friendly toppings.**

Help your pancake party guests to think about the environment by working out how far your pancake toppings have travelled to reach you.

Could you work out which pancake topping has the best food miles? The best way is to check your ingredients on the foodmiles.com website, but here are the averages:

Lemons: average distance is **2,909** miles.

Sugar: the average distance is **4,737** miles.

Maple syrup: average distance is **5,216** miles.

Strawberries: average distance is **1,988** miles

Nutella: the average distance is **3,110** miles

Honey: the average distance is **4,506** miles.

Ice cream: the average distance is **3,237** miles.

Jam: the average distance is **2,616** miles (but perhaps yours is homemade from locally grown produce?)

Cheese: the average distance is **2,481** miles

You could invite people to guess, and have a prize for the pancake made closest to home.

You can even calculate the egg miles for your pancake batter here:
<http://www.foodmiles.com/egg-miles.cfm>

Host pancake races and games. You could get people to do a carbon footprint quiz (e.g. <https://footprint.wwf.org.uk/>)

Get the kids to try to spot anything that's a single use plastic in your church building – have prizes!

Top tip: If you're mass catering you can buy compostable disposable plates, otherwise the best conversations happen over washing up!

Why not combine your pancake party with preparations for an eco-themed Ash Wednesday service?

Traditionally ash for Ash Wednesday is made from the left-over palm crosses of the previous year that are burnt. As part of your pancake party you could get people to write the action they are giving up on to their palm cross, then burn the palm crosses in a small bonfire. Encourage people to return the next day for an Ash Wednesday service.

You can find resources for an Ash Wednesday Service on the Living Lent website.



Creating a climate of change.

www.livinglent.org

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Living Lent is hosted by The Joint Public Issues Team.