

# BE A HERO FOR A BETTER WORLD

MAKE A DIFFERENCE



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**"Making conscious choices about what we eat, based on what the earth can sustain and what our bodies need, can help remind us that our whole society must begin to balance sustainable production with human need."**

**-- Frances Moore Lappé**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

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