

## What might be a healthy news diet?

30 minutes a day of news gathering could mean:

- 10 minutes reading your local newspaper
- 10 minutes of carefully curated online sources (int'l news, twitter, etc.)
- 10 minutes of podcasts/public radio

60 minutes a day of news gathering could mean:

- 10 minutes reading your local newspaper
- 10 minutes of carefully curated twitter
- 10 minutes reading long form magazines
- 30 minutes of public / international podcasts while cooking meals

90 minutes a day of news gathering could mean:

- 10 minutes reading your local newspaper
- 10 minutes of carefully curated twitter
- 10 minutes reading long form magazines
- 30 minutes of public / international podcasts while cooking meals
- 30 minutes of *Last Week with John Oliver* or *The Patriot Act*

In each of these daily “news diets” there is local news in print, there is some basic national/international news on the web, there is “immediate” news via radio, and then there are a variety of alternative sources.

Think about your day – where can you “layer” in news? What kinds of news can you act on? What kinds of news are you turning to for entertainment or social uses? What do you need to know to “stay current” with your friends and neighbors? What kinds of news can you bring to them?

for more information, check out:

Mary Hess / Luther Seminary / [mhess@luthersem.edu](mailto:mhess@luthersem.edu)  
Meh.religioused.org