

LENTEN CHALLENGE FOR A GREENER GRACE

This year, instead of giving up alcohol or chocolate (which is incredibly sacrificial!), why not give up a portion of your carbon footprint? We can try this in our own homes and then work together to reduce the church's carbon footprint too. Look below for some suggestions.

- 1. Go vegetarian or vegan.** Giving up meat is good for the environment as well as our bodies! Lent might be the perfect time to dive into meat-free eating (at least one day per week!).
- 2. Go zero-waste or plastic-free.** See how little garbage (including recycling!) you can generate between now and Easter. If that's too much, focus simply on eliminating plastic as much as possible. Pledge to take your own coffee cup to work each day. Avoid buying anything packaged in single-use plastic (that includes bottled water!)
- 3. Reduce food waste.** Strive to use all the food you purchase before any goes bad. Try to cook through the contents of your pantry and freezer, places where food items often get forgotten. Start a **compost** pile and compost your food waste.
- 4. Cook from scratch for all of Lent.** See if you can make all your meals at home until Easter. Not only will you cut down on food waste, but you'll probably save some money while you're at it.
- 5. Try the 100-mile diet.** For Lent, source only ingredients that come from within a 100-mile radius of your home. An added challenge is expanding that criterion to all aspects of your life, i.e. clothes, household accessories, etc.
- 6. "Fast" from excess water use.** Pay close attention to your water footprint and try to eliminate it as much as possible through conservation, collecting rainwater, and reusing grey water. (Reducing or eliminating meat consumption plays a big role in water reduction, as it's the main culprit.)
- 8. Try a buy-nothing challenge.** Become a conscious consumer, asking yourself, "Do I really need this? See what you can live without for 40 days!
- 9. Be a minimalist.** Purge your house and get rid of excess clutter, by taking on the 40 Days 40 Bags Challenge: For each day of Lent, take one bag of no longer used stuff from your home to donate or recycle.
- 10. Change your mode of transportation.** Instead of jumping in the car to go to work, allocate time each day for walking, biking, rollerblading, or car-pooling.