

WANDERING WITHOUT A FOOT PRINT...



Green Anglicans Carbon Fast Lent 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
15 February Preparing	16	17	18 ASH WEDNESDAY Allow the ashes to be your first commitment to your carbon fast for the upcoming weeks	19 EAT YOUR VEGGIES! Go vegetarian once in a while. You will be saving water which would be used to raise the animals and trees needed to create clear pastures	20 <i>Smart Fish Friday</i> Smart Fish Friday Educate yourself on which fish species are sustainable and the threats to life under the ocean's curtain. Download an app with the best/worst choices	21 GO DIGITAL. Do not print unnecessarily, download digital copies of software, and avoid collecting things like phone books when the job can be done online
22 Eating Genesis 2:15 CONSIDER YOUR KITCHEN Consider your church's catering practices. Visit the church kitchen – what can be done?	23 <i>Meat Free Monday</i> Meat Free Monday WONDERFUL COOKING Find out about wonderbags and rocket stoves! Use a microwave! Switch off your oven 15 minutes before time.	24 COMPASSION FOR ANIMALS Commit yourself to only buying free range products during Lent. Research the conditions of factory farmed animals.	25 BUY LOCAL. Have a dinner with ingredients from only your area, appreciate your local food and create jobs in the process!	26 WAR ON WASTE Write down what food you throw away this week. Aim to reduce it by a third by eating leftovers and shopping more carefully – using a list and planning your meals.	27 <i>Smart Fish Friday</i> Smart Fish Friday GROW YOUR OWN Grow vegetables, herbs and fruit in your garden. If you don't have one, start one or use pots on a windowsill or in a sunny spot	28 SHRINK YOUR PLATE Use a smaller plate, you will have leftovers to eat later, will reduce calories and will not provide as much demand on the production of food
1 March Moving Psalms 20:7 FAST FOR THE CLIMATE Join churches around the world and fast and pray for the climate on the first of every month	2 <i>Meat Free Monday</i> Meat Free Monday TIME TO RE-TYRE! Check your tyre pressure, under inflation can cause a 5% decrease in petrol mileage, releasing more pollution.	3 FIX YOUR FRIDGE Properly maintain major appliances and use reasonable temperatures. Fill your empty fridge space with water and the freezer with ice.	4 CARE FOR YOUR CAR! Keep your car tuned up, track your petrol mileage. Your wallet will be fat and your emissions low.	5 RECHARGE YOUR BATTERIES. Rechargeable batteries can last 500 times longer than single use, and always find a place to recycle them.	6 <i>Smart Fish Friday</i> Smart Fish Friday LESSEN YOUR LIGHTS Conserve your light, turn off fixtures when not in use, and use LED and other wattage lowering options	7 FIND A FRIEND Car Pool! Find a group to go to church with and some office mates that are close by or on the way
8 Recycling Jeremiah 6:16 RENEW YOUR CHURCH Does your church recycle? If not can you encourage them to start?	9 <i>Meat Free Monday</i> Meat Free Monday BAG IT Think twice about buying a bag if your purchase is small, reuse bags and bring a cloth bag or bags	10 STAMP OUT STYROFOAM Commit yourself to no more purchases of bottled water and to never use Styrofoam again. There are always alternatives!	11 PRE-CYCLE! Be aware of packaging, buy glass which can be easily recycled, and avoid excess packaging and keep an eye out for recycled containers	12 LEND A LADDER Lend ladders, mowers, share shopping trips and trade things in your community to reduce unnecessary purchasing.	13 <i>Smart Fish Friday</i> Smart Fish Friday PARTY TIME Arrange a swapping party. Exchange clothes, DVDs, CDs, jewelry and bags so everyone gets something new without an extra trip.	14 SHOP SECOND HAND. Save money on the products you buy, and save the transport and production costs. Great for items quickly outgrown!
Consuming Matthew 14:19 CLEAN WITH CARE What cleaning materials does your church use? Learn about eco-congregations.	16 <i>Meat Free Monday</i> Meat Free Monday NO MORE POISONS Use non-toxic products, like natural fibres and home remedy cleaners	17 LOVE YOUR LAWN Keep your lawn mower blades sharp, use compost for fertilizer and to lower waste and remember a longer grass will keep more moisture	18 GIVE WITH LOVE When giving gifts, consider subscriptions or memberships to eco organizations and always give environmentally friendly products	19 GREEN YOUR OFFICE Bring your green ideas to the office, use ceramic coffee cups, recycled envelopes and get your coworkers to join in.	20 <i>Smart Fish Friday</i> Smart Fish Friday PLANT A TREE Give back by planting a tree, and educate yourself on invasive species in your area	21 JUNK THE JUNK Cut down on junk mail. There are many services to help reduce unwanted mailings; you will reduce clutter in your mailbox, save paper and countertop space
Flowing John 4:14 WISEUP ON WATER Check out water usage in the church, mend dripping taps. WORLD WATER DAY	23 <i>No Meat Monday</i> No Meat Monday GETTING INTO HOT WATER How old is your hot water heater? Insulate your hot water tank, energy efficient tanks should stay at a temp of 60°C	24 DON'T GO WITH THE FLOW. Do not keep taps running when brushing teeth, washing dishes or cleaning your car	25 PICK UP THE PLASTIC Pick up the trash along the beach or water way nearby.	26 CHECK YOUR FLUSH: Fill a two litre bottle with water and put it in your toilet tank, count how many times your family flushes and figure your savings!	27 <i>Smart Fish Friday</i> Smart Fish Friday GREENING YOUR GARDEN Minimize evaporation by watering plants deeply and during the early morning or late afternoon	28 BAN THE BOTTLE Say no to bottled water, refill it with tap water, a great choice for the environment, save money and keeping you healthy EARTH HOUR 8:30-9:30 PM