



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 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 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	23 Meat Free Monday Boycott unsustainable products, do not buy products from endangered animals. Know the best and worst products	24 What's in a Wonderbag? Wonderbags have many different advantages for cooking and saving.	25 Buy local. Have a diner with ingredients from only your area and taste the deliciousness from what can be made near you!	26 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 Smart Fish Friday 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 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	2 Meat Free Monday Check your tyre pressure, under inflation can cause a 5% decrease in petrol mileage, releasing more pollution.	3 Properly maintain major appliances and use reasonable temperatures. Fill your empty fridge space with water and the freezer with ice.	4 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 Smart Fish Friday Conserve your light, turn off fixtures when not in use, and use LED and other wattage lowering options	7 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	9 Meat Free Monday Think twice about taking a bag if your purchase is small, reuse bags and being a cloth bag or bags	10 Avoid using styrofoam packaging, when getting to-go use recycled paper or a reusable container	11 Precycle! 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 ladders, mowers, share shopping trips and trade things in your community to reduce unnecessary purchasing.	13 Smart Fish Friday 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!
15 Consuming Matthew 14:19	16 Meat Free Monday Use non-toxic products, like natural fibres and home remedy cleaners	17 Keep your lawn mower blades sharp, use compost for fertilizer and to lower waste and remember a longer grass will keep more moisture	18 When giving gifts, consider subscriptions or memberships to eco organizations and always give environmentally friendly products	19 Bring your green ideas to the office, use ceramic coffee cups, recycled envelopes and get your coworkers to join in.	20 Smart Fish Friday Give back by planting a tree, and educate yourself on invasive species in your area	21 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
22 Flowing John 4:14 World Water Day	23 No Meat Monday 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 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 Smart Fish Friday Minimize evaporation by watering plants deeply and during the early morning or late afternoon	28 Rethink bottled water, refill it with tap water, a great choice for the environment, saving money and possibly keeping you healthy Earth Hour 8:30-9:30 pm