

# 30 DAYS TO EARTH DAY CHALLENGE

SUN

MON

TUE

WED

THU

FRI

SAT



**24 MARCH**

Use a reusable straw

**25**

Turn the water off while brushing teeth

**26**

Watch an educational environmental documentary

**27**

Get outside!

**28**

Buy used clothes rather than new

**29**

Eliminate meat from one meal

**30**

Find a local farmer that you can support

**31**

Bring reusable shopping bags to the grocery store

**1**

**APRIL**

Take a shorter shower

**2**

Read a book related to the environment

**3**

Clean up 10 pieces of trash outside

**4**

Reuse old Easter decorations & save to use in the upcoming years

**5**

Try a plant-based recipe

**6**

Save your leftovers to reduce food waste

**7**

Use a reusable water bottle instead of plastic

**8**

Turn off all lights when you leave the room

**9**

Follow an environmental social media account

**10**

Bike to your destination rather than driving

**11**

Buy used books or rent from the library

**12**

Meatless Monday!

**13**

Plant a garden/join a community garden

**14**

Make coffee at home to avoid getting a single-use cup

**15**

Wash your clothes with cold water

**16**

Volunteer or donate to an environmental charity

**17**

Go to a farmer's market

**18**

Try reusing instead of throwing something away

**19**

Inspire a friend to incorporate a meatless meal into their day

**20**

Use Tupperware rather than plastic bags to save food

**21**

Make an Earth-related gratitude list

**22**



Happy Earth Day!!

