

30-Day Earth Challenge

- ❑ Thursday, 1: *Set 7-minute timer for showers for the rest of the month*
- ❑ Friday, 2: *Don't buy anything*
- ❑ Saturday, 3: *Start a mini herb/veggie garden*
- ❑ Sunday, 4: *Read an article about plastic consumption, climate change, or food waste*
- ❑ Monday, 5: *Eat one vegetarian meal*
- ❑ Tuesday, 6: *Start recycling at your home. If you already are, make it easier by moving your recycling bin closer to your trash or set up a fun/desirable process.*
- ❑ Wednesday, 7: [Make a DIY natural cleaner](#)
- ❑ Thursday, 8: *Have a no-tech evening using as little electricity as possible*
- ❑ Friday, 9: *Buy compostable trash bin liners ([Onya Life](#))*
- ❑ Saturday, 10: *Go to a local farmer's market & buy local produce*
- ❑ Sunday, 11: *Watch an environment-focused documentary*
- ❑ Monday, 12: *Meatless Monday*
- ❑ Tuesday, 13: *Buy sustainable, long-term eco-friendly food-storage options (metal straws, glass Ball jars for storing food, etc.)*
- ❑ Wed, 14: *Put reusable shopping bags in your car so you always have them handy*
- ❑ Thursday, 15: *Save leftovers to reduce food waste*
- ❑ Friday, 16: *Make an Earth Day sign*
- ❑ Saturday, 17: *Make a grocery list & only buy what's on it. (I highly recommend the [Mealime app](#).)*
- ❑ Sunday, 18: *Fill one bag of clothes to donate*
- ❑ Monday, 19: *Share your 30-day challenge & why it's important to you with five other people*
- ❑ Tuesday, 20: *Upgrade to eco-friendly toilet paper ([Who gives a crap](#))*
- ❑ Wed, 21: *If you have a dog, buy compostable dog waste disposal bags ([Onya Life](#))*
- ❑ Thursday, 22: *EARTH DAY! Hang your sign!*
- ❑ Friday, 23: *Commit to ditching plastic water bottles & devise a sustainable strategy for yourself moving forward.*
- ❑ Saturday, 24: *Connect with nature; plan a walk or enjoy some time in your yard*
- ❑ Sunday, 25: *Only do laundry when it's a full load*
- ❑ Monday, 26: *Pick one bill, and go paperless*
- ❑ Tuesday, 27: *Read an article about plastic consumption, climate change, or food waste*
- ❑ Weds, 28: *Introduce cloth napkins at your home instead of paper*
- ❑ Thursday, 29: *Set up sleep mode on your laptop and phones to kick in earlier*
- ❑ Friday, 30: *Reflect on the last month, and pick at least one thing you'll commit to doing moving forward to reduce your waste*

Bonus ideas:

- Buy reusable paper towels ([Papaya](#))
- Carry around biodegradable cutlery, or silverware from home.
- Give household items away before throwing them out. Place them on Letgo, Facebook Marketplace, Craigslist.

- Buy bars of soap (zero plastic)
- Feel free to add your own!