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	: <u>Make a DIY natural cleaner</u>
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
•	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 (<u>Papaya</u>)
- 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!