

Earth Month 2015



RECYCLE REDUCE REUSE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Read a Book! On this day, go to the library & find an environmentally-minded book to read with your family.	2 Check Your Recycling Monitor your recycling bin at home and at work!	3 Screen Time Swap Get outside instead of TV or computer screen time for 45-minutes to one hour today.	4 Black Out Hour Stop using electricity & turn off the HVAC. Play board games and eat a meal like salad for dinner.
5 Bird is the Word Make bird houses out of recyclable materials for your backyard	6 Neighborhood Clean Up Help friends & neighbors clean up the neighborhood & recycle to keep the community clean.	7 Litterless Lunch Pack your lunch in reusable containers from home. No plastic bags, containers, utensils or water bottles.	8 Power Out! No electricity for one night!! Instead use candles to light a room. This helps reduce the energy consumption in your home.	9 Walk with a Friend Go for a walk with friends or family! No texting or cell phones....use this time to reconnect with those you love.	10 Dishwasher Free Day Wash your dishes by hand rather than using the dishwasher. Remember not to let the water run while washing the dishes!!	11 Shower Power Use less water in the shower or replace baths with showers. This will reduce your energy and water consumption.
12 Active Family Day Go biking, walking, or anything that excites you in the outdoors!	13 Nature Art Walk Wander around a green space or park. See what interesting flowers, animals or insects you can find.	14 Get Cozy Turn down or off your heating or cooling system. Bundle up, put on a sweater and save our Earth!	15 Green Toothpaste Make non-toxic & eco-friendly toothpaste! See recipe below.	16 Cook at Home Invent a new recipe that does not require cooking!	17 Wind Turbine Lesson Find out many kilowatts it takes to power electronic items in your home.	18 Garbage Clean Up Go to any store or park just to pick up trash outside a space other than your own!
19 The 100-Km Meal Eat one meal that uses all local food, maybe grown from local farmers.	20 Dump Your Drawers Go through your drawers, basement, closet and find clothes & toys you no longer need. Trade with friends or donate to local shelters.	21 Screenless Day Replace TV, computer, phone screen time with outdoor activities! List activities that use screens & be amazed at the screen time used.	22 – Earth Day Free Wednesday Think back on all the challenges you have completed so far!!	23 Ride or Walk, don't Drive! Walk or ride bikes to the grocery store or park!!	24 Clean and Green Use non-toxic household cleaning supplies, like vinegar!	25 Dump Day! Plan a trip to the city dump!
26 Planting Fun! Visit a gardening center & buy seeds, small plant or flower. Create a garden in the backyard or front lawn.	27 Meatless Monday Become a vegetarian family for the day! Use only veggies, fruit, beans, potatoes, or pasta.	28 Power Out! Use no electricity for the entire day! This includes no TV, video games, computer, iPads. At night, use candles!!	29 Earth Leadership Share what you have learned about how to restore our Earth and our eco-system with friends and family.	30 A New Commitment You have made it through the month challenge!! Great work! Now strive to keep it going all year long!		

Green Toothpaste Recipe:

- 4 tsp Bronners liquid peppermint
 - ½ cup melted coconut oil
 - ½ tsp peppermint flavor
 - 2 tsp xylitol
- Mix ingredients together for an eco-friendly toothpaste

TREAT EVERY DAY LIKE EARTH DAY!

