



Unitarian Universalist Community Church

30-DAY SUSTAINABILITY CHALLENGE

- Have a **Buy Nothing Week** (or Month)
- Take **reusable bags** to the store and avoid buying things with **unnecessary packaging**.
- Spring clean your closet and **donate items** to a thrift store.
- Purchase something you need **second-hand instead of new**.
- Conduct a **trash audit** to better understand what goes to waste in your household.
- Plan a **plant-based meal** or try having a meat-free day (or week)
- Adopt a strategy to **avoid food waste**.
- Visit a Farmer's Market or another source of **locally produced food**.
- Find a way to **compost** your food scraps.
- Plant something** you can harvest and eat, such as a vegetable garden, a tomato plant in a container on your porch, or a pot of herbs on your windowsill.
- Spend some time outside**, falling in love (again) with the natural world. We conserve what we love!
- Make a plan to add a **native plant** to your landscaping or outdoor container garden.
- Identify and remove invasive species** from your property or join the effort to remove plants from parks and nature preserves in your area.
- Participate in and/or support **No Mow May** in your community.
- Find a way to **conserve water**, i.e., install a rain barrel in your yard or save water from your morning shower to water your plants.
- Examine your energy use with a home audit.
- Adopt a strategy that will help you use less hot water, i.e. reduce the temperature of your hot water heater, wash clothes on cold, etc.
- Turn down your thermostat by a degree (or up a degree, depending on the season).
- Invest in one new **energy-saving product** for your home, i.e., LED light bulbs, a new faucet aerator, extra insulation, etc.
- Find an **energy-free alternative** for one of your at-home activities, i.e., hang your clothes outside instead of using the dryer.
- Use the car less**; bike or walk to do an errand if you can.
- If you have to drive, **plan ahead** so you can accomplish several errands or appointments in one trip
- Incorporate some **gas-saving habits** when driving, i.e., slow down, check your tire pressure, etc.
- Heading in the same direction as someone else? **Organize a carpool** or utilize other ride-share options.
- Try using **public transportation** for a trip around town.
- Talk about sustainability and environmental justice** with a friend, neighbor, or family member.
- Be a Climate Voter!**
- Contact an elected official** and let them know that environmental issues are important to you.
- Join or sign up for **action alerts** from an environmental justice advocacy group.
- Donate your time or money** to an organization working to fight climate change and environmental injustice.