

REDUCING YOUR CARBON FOOTPRINT

Hang this guide somewhere you see it every day or save it to your device. Once you've completed a challenge, cross it off the list. Some of the challenges continue over time, and others are "one-offs" so we recommend reading through the list first. You can do the challenges in any order you like, but try to do at least one a day for the 40 days of Lent.

Before you start, check your carbon footprint - <https://footprint.wwf.org.uk/#/>

Consider your consumption habits. Set at least one concrete goal for shrinking your footprint. And good luck with the 40 Challenges!

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| <p>NO MEAT DAY 1: eat fish, dairy or veg-based meals all day. [If this is something you already do, then do it for a whole week instead]</p> | <p>SAVE PAPER 1: download the Sunday service sheet onto a device, by clicking on the worship online link on the church website. Try to do this for every Sunday in Lent; but if you can't, consider sharing a service sheet with a family member.</p> | <p>SAVE ENERGY 1: throughout Lent, limit your use of the tumble dryer to twice a week; if you have outside space and the weather is nice, hang your washing outside.</p> | <p>SAVE ENERGY 2: throughout Lent, check that all electric appliances have been turned off and are not on standby before you go to bed.</p> | <p>SAVE ENERGY 3: throughout Lent, at least once a week do a laundry wash at 30 degrees (or lower)</p> |
| <p>REDUCE CONSUMPTION 1: buy an item of clothing from a second hand / charity shop, or do a clothes swap with a friend.</p> | <p>SAVE PAPER 2: throughout Lent, do all your printing double-sided.</p> | <p>SAVE ENERGY 4: throughout Lent, keep all the lights off until you go into a room, and always turn them off when you leave.</p> | <p>NO MEAT DAY 2: no meat or fish; just eat dairy or veg-based meals [If you want an extra challenge do this for a whole week].</p> | <p>SHOP LOCALLY 1: support one of the local farmers' markets in Liverpool.</p> |
| <p>REDUCE WASTE 1: buy yourself a reusable water bottle. For the rest of Lent, tap water only!</p> | <p>REDUCE WASTE 2: take your reusable coffee cup to church today! (This challenge best attempted on a Sunday).</p> | <p>SAVE ENERGY 5: close all the internal doors in your home. For the rest of Lent, try and keep them shut!</p> | <p>FAIRTRADE: buy at least one Fairtrade item in your weekly grocery shop. Next week, try and buy two!</p> | <p>THINK SUSTAINABLE1: buy wine with a cork (not a screwtop) – unless you've given up alcohol for Lent! And don't forget to recycle the cork!</p> |

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| <p>SAVE ENERGY 6: turn down your central heating by 1 degree throughout Lent – want a bigger challenge? Turn it down by 2!</p> | <p>SAVE ENERGY 7: run your dishwasher only with a full load throughout Lent.</p> | <p>NO CAR DAY 1: ditch the car and walk, cycle or take public transport instead.</p> | <p>VEGAN DAY challenge: no meat, fish or dairy today.</p> | <p>SHOP LOCALLY 2: going out for coffee or a meal? Support a local independent not a chain.</p> |
| <p>REDUCE WASTE 3: refill your existing washing up liquid (or another household product container), rather than buying a new one: at <i>Windmill</i> (Aigburth Road), <i>Purple Carrot</i> (Smithdown Road), <i>Shared Earth</i> (Bold Street) or <i>Refill</i> (Windsor Street).</p> | <p>REDUCE WASTE 4: reduce your use of plastic - buy solid shampoo, conditioner or shower gel – it lasts much longer too. Stockists include <i>Lush</i> and health food shops.</p> | <p>SAVE WATER 1: spend less than 4 minutes in the shower today.</p> | <p>NO CAR DAY 2: ditch the car for a day and walk, cycle or take public transport instead.</p> | <p>SAVE PAPER 3: instead of printing out papers for a work or church meeting read them on a device instead.</p> |
| <p>THINK SUSTAINABLE: time for a new book? Ditch Amazon and support a local bookshop or join your local library.</p> | <p>REDUCE WASTE 5: go through your fridge for leftovers and cook a meal with them.</p> | <p>REDUCE CONSUMPTION 2: avoid buying anything for a day.</p> | <p>RECYCLE MORE: recycle something that can't go in your recycling bins: e.g. take soft plastics (clear film, crisp packets) to Tesco, or your juice /milk / Tetrapak cartons to Otterspool.</p> | <p>SAVE WATER 2: boiling the kettle for a cup of coffee or tea? Only put in as much water as you need.</p> |

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| <p>REDUCE WASTE 6: cook another delicious meal from leftovers.</p> | <p>CLEAN OUT!: go through your wardrobe and take 3 items of clothing you no longer wear to a charity shop (unless they're warm weather gear – bring those to church!)</p> | <p>STUDY DAY 1: spend 15 minutes reading up about a local environmental issue – e.g. cleanliness of the Mersey, air pollution in the city centre, green spaces in Liverpool.</p> | <p>NO CAR DAY 3: ditch the car for a day and walk, cycle or take public transport instead.</p> | <p>ACTION DAY: participate in an environmental campaign: sign a petition, write to your local MP, join a march or pledge your support to an advocacy group.</p> |
| <p>STUDY DAY 2: watch a documentary about the environment – Netflix, BBC I-player and YouTube have a number to choose from. .</p> | <p>REDUCE PACKAGING: buy loose for Lent. Avoid packaged fruit and veg in your weekly shop. You can buy a reusable grocery bag for your loose produce from Tesco for 30p.</p> | <p>SAVE ENERGY 7: for the rest of Lent run your washing machine or dishwasher on the Eco programme.</p> | <p>STUDY DAY 2: spend 15 minutes learning about a global environmental issue: e.g. rainforest deforestation, coral reef acidification or wildfires.</p> | <p>THINK SUSTAINABLE 2: stocking up on toilet roll? Make sure you buy recycled or bamboo.</p> |