

## 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!

<p><b>NO MEAT DAY 1:</b> 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><b>SAVE PAPER 1:</b> download the Sunday service sheet onto a device, using the QR code on the sign in the Narthex OR share a service sheet with a friend or family member.</p>	<p><b>SAVE ENERGY 1:</b> 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><b>SAVE ENERGY 2:</b> check that all electric appliances have been turned off and are not on standby before you go to bed.</p>	<p><b>SAVE ENERGY 3:</b> at least once a week do a laundry wash at 30 degrees (or lower)</p>
<p><b>REDUCE CONSUMPTION 1:</b> buy an item of clothing from a second hand / charity shop, or do a clothes swap with a friend.</p>	<p><b>SAVE PAPER 2:</b> do all your printing double-sided.</p>	<p><b>SAVE ENERGY 4:</b> keep all the lights off until you go into a room, and always turn them off when you leave.</p>	<p><b>NO MEAT DAY 2:</b> 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><b>SHOP LOCALLY 1:</b> support one of the local farmers' markets in Liverpool.</p>
<p><b>REDUCE WASTE 1:</b> buy yourself a reusable water bottle. For the rest of Lent, tap water only!</p>	<p><b>REDUCE WASTE 2:</b> if you don't already own one, buy yourself a reusable coffee cup and carry it with you (no more paper cups!), including to church on a Sunday!</p>	<p><b>SAVE ENERGY 5:</b> keep the internal doors in your house shut.</p>	<p><b>FAIRTRADE:</b> buy at least one Fairtrade item in your weekly grocery shop. Next week, try and buy two!</p>	<p><b>THINK SUSTAINABLE 1:</b> 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>

<p><b>SAVE ENERGY 6:</b> turn down your central heating by 1 degree - want a bigger challenge? Turn it down by 2!</p>	<p><b>SAVE ENERGY 7:</b> run your dishwasher only with a full load.</p>	<p><b>NO CAR DAY 1:</b> ditch the car and walk, cycle or take public transport instead.</p>	<p><b>VEGAN DAY</b> challenge: no meat, fish or dairy today.</p>	<p><b>SHOP LOCALLY 2:</b> going out for coffee or a meal? Support a local independent not a chain.</p>
<p><b>REDUCE WASTE 3:</b> 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><b>REDUCE WASTE 4:</b> 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><b>SAVE WATER 1:</b> spend less than 4 minutes in the shower today.</p>	<p><b>NO CAR DAY 2:</b> ditch the car for a day and walk, cycle or take public transport instead.</p>	<p><b>SAVE PAPER 3:</b> instead of printing out papers for a work or church meeting read them on a device instead.</p>
<p><b>THINK SUSTAINABLE:</b> time for a new book? Ditch Amazon and support a local independent bookshop or join your local library.</p>	<p><b>REDUCE WASTE 5:</b> go through your fridge for leftovers and cook a meal with them.</p>	<p><b>REDUCE CONSUMPTION 2:</b> avoid buying anything for a day.</p>	<p><b>RECYCLE MORE:</b> recycle something that can't go in your recycling bins: e.g. take soft plastics (clear film, crisp packets) to Tesco or the Co-op, or your juice /milk / Tetrapak cartons to a recycling centre (e.g. Otterspool)</p>	<p><b>SAVE WATER 2:</b> boiling the kettle for a cup of coffee or tea? Only put in as much water as you need.</p>

<p><b>SAVE ENERGY 7:</b> plan ahead and take food out of the freezer in plenty of time for it to defrost overnight in the fridge, rather than using the microwave.</p>	<p><b>CLEAN OUT!:</b> 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><b>STUDY DAY 1:</b> 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><b>NO CAR DAY 3:</b> ditch the car for a day and walk, cycle or take public transport instead.</p>	<p><b>ACTION DAY:</b> 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><b>STUDY DAY 2:</b> watch a documentary about the environment – Netflix, BBC I-player and YouTube have a number to choose from. .</p>	<p><b>REDUCE PACKAGING:</b> only buy loose fruit and vegetables in your weekly shop.</p>	<p><b>SAVE ENERGY 8:</b> run your washing machine or dishwasher on the Eco programme.</p>	<p><b>STUDY DAY 2:</b> spend 15 minutes learning about a global environmental issue: e.g. rainforest deforestation, coral reef acidification or wildfires.</p>	<p><b>THINK SUSTAINABLE 2:</b> stocking up on toilet roll? Make sure you buy recycled or bamboo.</p>