

GIVE IT UP FOR THE EARTH and get a Loonie for Life! Start with \$40 and reward yourself with \$1 every time you can check a box. Donate the difference to UCiM's environmental efforts.

y/n	Date	Action	Date	Action	y/n
	February 14	Remove a light bulb or unplug a lamp and live without the light for Lent	March 10	Only charge electronics at less than 20%	
	February 15	Join your local Buy Nothing Facebook Group.	March 11	<i>GIVING IT UP reminds us of fasting & applause</i>	
	February 16	Seafood fan? Opt for certified sustainable seafood	March 12	Obey the speed limit while driving	
	February 17	Print all documents double sided	March 13	Embrace the quiet and turn off all electronics you aren't using	
	February 18	<i>Sundays are not part of Lent . Why?</i>	March 14	Make or purchase beeswax wraps to substitute saran wrap	
	February 19	Try out public transit or arrange a car pool	March 15	Read a book instead of watching TV	
	February 20	Find a store with an ugle produce program and shop there	March 16	Make thoughtful purchases. Is it worth buying if it will be around forever?	
	February 21	Use a lid on a pot heatin gon the stove to conserve energy	March 17	Take shorter showers, under 5 minutes or go without	
	February 22	Review mailed subscriptions. Cancel or switch to electronic versions	March 18	<i>We GIVE IT UP to seek lasting change</i>	
	February 23	Read the Earth Charter at earthcharter.org	March 19	Make a one pot meal	
	February 24	Change the settings on your computer to auto sleep after 5 min. of no use	March 20	Get an insulating cover for your hot water tank	
	February 25	<i>Sundays in Lent are considered mini Easters</i>	March 21	Purchase fair trade chocolate for Easter Candy or fair trade cocoa for baking	
	February 26	Prepare meatless meals today. #meatlessmonday	March 22	Zero food waste. Go through your fridge and get creative with leftovers	
	February 27	Program your thermostat to be cooler in the day and at night	March 23	Replace 2 incandescent bulbs with CFL's or LED's	
	February 28	Purchase from a store that carries local produce	March 24	Earth Hour. Turn off all lights from 8:30-9:30pm earthhour.org	
	March 1	Pack a litterless lunch	March 25	<i>GIVING IT UP is not a cost - but an investment</i>	
	March 2	Go for a walk in a park or the woods	March 26	It's getting warmer. Hang your clothes outside to dry	
	March 3	Don't forget your reuseable bags. Consider making reusable produce bags	March 27	Join a CSA. Community Shared Agriculture program	
	March 4	<i>Lent is about lengthening the Divine Light</i>	March 28	Purchase and use biodegradable cleaning products	
	March 5	Ditch plastic straws today. Refuse straws or purchase reuseable straws	March 29	Ride your bike to work	
	March 6	Only drink water today	March 30	Visit Winnipeg Water and Waste website. Learn what can be recycled	
	March 7	Pick up 4 pieces of litter	March 31	PLAN WHICH OF YOUR GOOD EARTH STEWARDSHIPS YOU WILL CONTINUE	
	March 8	Use a reuseable water bottle or coffee cup	April 1	<i>Jesus GAVE IT UP for us - for Kin_Dom life</i>	
	March 9	Search for old eletrtonic items at home and take them to be recycled			

