



JANUARY CHALLENGE

Choose and Commit to ONE Sustainable New Year's Resolution

Ready to take on a more sustainable lifestyle this New Year's? Looking for ways to minimize your impact on the planet? This year make changes that will help both you and the Earth! To get you started, we've compiled a list of some potential resolutions for you to choose from. Think about what is reasonable for you when choosing a resolution. Some of these may seem easy, but others may be quite challenging! You can obviously adapt any one to fit your own personal needs :)

A Few Suggestions to Get You Started:

- ➊ Strive to switch out one disposable item every week/ month throughout the year.
- ➋ Pledge to say no to plastic straws at every meal.
- ➌ Choose to bus/bike/walk to work one day a week (or more!).
- ➍ Commit to only buying coffee if your reusable cup is handy.
- ➎ Adopt a "road" and become part of the clean-up crew.
- ➏ Choose one item that comes in a non-recyclable package and give it up for the whole year (some examples are chips, candy bars, K-cups, and granola bars).
- ➐ Switch to LED lights in your house.
- ➑ Challenge yourself to only buy used items - nothing new.
- ➒ Research and purchase in-season only produce at the grocery stores.
- ➓ Start composting at home by collecting your food scraps and compostable materials, bring them to the outside carts at Binkley or to other collection sites in town.
- ➔ Bring your own shopping bags.
- ➕ Cook from scratch.
- ➖ Eat organic when possible.
- ➗ Commit to eating Meatless Mondays.
- ➘ Avoid fast fashion.
- ➙ Eat better meat (sustainable, humane, local) and less of it.
- ➚ Get the chemicals out of your cosmetics (cruelty free).
- ➛ Bring your own water bottle.
- ➜ Hang out your laundry to dry.
- ➝ Detox your home.

**What will you refuse to use? What change will you make?
What's your sustainable resolution for 2019?**

Put your Sustainable New Year's Resolution in the offering plate and we'll post your resolution in the Friday updates throughout January! There will be inserts available in the January bulletins for this purpose.

*Also, THE NEXT MEETING OF THE EARTH MINISTRIES TEAM WILL BE **THURSDAY, JANUARY 31 AT 1:30-3:00** - All are welcome to attend!*