

EMBRACE MENU

CHOOSE YOUR OWN CREATION CARE ADVENTURE



CLIMATE
WITNESS
PROJECT



ALL SEASONS

Borrowing specialized tools	Cooking legumes	Getting a solar charger
100 Mile Diet	Composting	Baking soda as cleanser
Carpooling	A home energy audit	Buying durable products
Staycation	5 minute showers	Recycling E waste
Shopping local	Using GOOS paper	A zero waste challenge
Separating scrap metal	Taking the ION	Shopping at Farmer's Market
Trying a new recipe	Picking up litter	Re-evaluating necessities
Combining errands	Walking to church	Decluttering/Downsizing
Using a washable straw	Contentment	Cooking a simple meal
Composting pet waste	Using a rubber spatula	Trying a new local food
Zero Waste Bulk shopping	Your identify as an earthkeeper	Handmade gifts



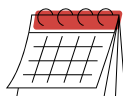
SUMMER

Planting a tree	Riding your bicycle
UPick opportunities	Using a ceiling fan
Purchasing a CSA share	Growing a vegetable
Sleeping in basement	Rain Barrel(s)
Using blinds to repel heat	Walking to work
Opening windows at night	Eating outside
Removing invasive plants	
Hanging clothes to dry	



WINTER

Taking the bus to work
Trying a road salt alternative
Programming your thermostat
Reading with a cozy blanket
Checking seals on windows and doors
Eating more root vegetables
Cooling soup or leftovers outside



CHOOSE YOUR FREQUENCY

Once a week	For one day
4 X per year	For the foreseeable future
For a season (e.g. Lent)	Once a year
Once	Once a month
For one week	Whenever possible

FAST FROM MENU

CHOOSE YOUR OWN CREATION CARE ADVENTURE



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ALL SEASONS

Buying it "new"	Take out	Getting another pair of shoes
Driving your truck	Online ads	Imported flowers
Your identity as a consumer	Accumulating	Ziploc bags
Online shopping	8 ounce steak	Travelling by air
Imported food	Something you can afford	Complicated meals
Plastic wrap	Idling your car	Incandescent bulbs
Styrofoam packaging	Grocery shopping	Soap that comes in plastic
Door dash delivery	Greed	Carbonated drinks in plastic bottles
Bottled water	Disposable products	
Discarding food solely by best before date		

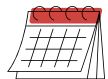


SUMMER



WINTER

Warm showers	Using the dryer	Imported strawberries
Using the oven	Watering your lawn	Buying new Christmas decorations
Air conditioning	Plastic cutlery	Warming up your vehicle
Electricity	Feeding wildlife	Heating rooms you don't use
Short car trips	Discarding usable items	Thermostat above 19 degrees C
Individually wrapped frozen treats		



CHOOSE YOUR FREQUENCY

Once a month	For one season e.g. Lent	Once a year
For the foreseeable future	One hour	Once a week
For one week	4 X per year	Twice a week
For one day	For one night	Whenever possible