

FAST FROM OUR EXCESSES

FEAST ON OUR SURROUNDINGS

Go meatless
3
days this
week...or
more!

Notice light
glistening
on
water

Buy fresh
at a
Local farmer's
Market

Marvel at
light
streaming
through
Clouds

Take a
shower 5
minutes or
less 3 days
this week

Visit a
favorite
Tree

Recycle
batteries
or
electronics

Be Grounded
stand on
the ground
with your
bare feet

Wash
clothes in
cold water
this week

Bike or
Hike or
Carpool to
work

No Single
use plastic
for 3
days this
week

look closely
for signs
of
very small
life

Enjoy
a
Sunrise
or
Sunset

Use only
Green
cleaning
products

listen to
the
birds

No plastic
water
bottle use
3 days this
week

Observe
the moon
and
Stars

Do not
buy
anything
new for 3
days a week

Take a 40
minute or
more walk
or
bike ride

Use up
all your
leftovers

Take a
nap outside
or with
an open
window

Work in
your own
Garden or
Community
Garden

Pick up
trash
where you
can

Become
familiar
with your
local
recycling
guidelines

Turn
down A/c
or heat