

Lent Lifestyle Challenge

How many of these 26 challenges can you do during Lent 2023?

Each Sunday a set of numbered jars will be put out in church. For every challenge you complete, put a bead in the corresponding numbered jar. You can complete a challenge more than once but try to do as many different ones as you can.

1. Find a use for something that you were going to throw away
2. Use re-useable bags to buy loose fruit and veg in the supermarket
3. Pick up some litter (maybe with a community group or some friends)
4. Go through your cupboards/freezer and make a meal out of some foods which need to be used up
5. Time your shower and try to keep it under 4 minutes
6. Start composting
7. Darn some socks, or repair an item of clothing
8. Walk or cycle to somewhere you would normally drive to
9. Use the bus or the train
10. Check out the ethical credentials of your bank or building society (don't just look at their website)
11. Increase the number of vegetarian or vegan meals you eat by at least one per week
12. Recycle your soft plastics at the supermarket
13. Start to grow some veg or fruit
14. Put up a bird-box (check RSPB guidance about where to put it) or a bird bath or feeder
15. Carry out a personal lifestyle audit at <https://creationcare.org.uk/> (households tab)
16. Join in with the church gardening group on 7 March or 4 April at 2pm
17. Go for a walk in a green space and see how many different wild flowers you can see/identify.
What to look for: <https://www.plantlife.org.uk/uk/discover-wild-plants-nature/spotter-sheets>
18. Check your electricity consumption and think how you could reduce it
19. Calculate your carbon footprint www.carbonfootprint.com
20. Buy something for the Foodbank
21. Buy a new fairtrade product or other ethically sourced product
22. Try a new eco cleaning product or refill a washing up liquid bottle with Ecover at church (500ml for £1)
23. Walk or cycle to church
24. Have a clear-out and donate to a charity shop
25. Recycle some electronics – old phones, broken laptops etc
26. Use a lower temperature on the washing machine or dishwasher

Let's fill as many jars as we can!