

## Christ Church Lent Challenge 2024

Below are 30 suggestions for things to do that are good for our world, how many can you complete? If you already do some of them on a regular basis then colour those boxes in. For ones that you haven't done before (or for a while) put a cross through the box when you have done it.

We will be collecting in the cards (anonymously) on Easter Day as part of our offering.

Use a reusable water bottle and fill it with tap water	Scrape plates with a rubber spatula instead of rinsing with water	Calculate your carbon footprint at <a href="http://footprint.wwf.org.uk">footprint.wwf.org.uk</a>	Buy recycled items - loo rolls, kitchen roll, printer paper, wrapping paper	Thank God for every good thing you notice in His world today
Have a meat- or dairy-free day each week (or an extra one!).	Go on a walk and take some gloves and a bag so you can pick up some litter on your way	Have a no 'single-use plastic week' including no plastic bags, bottles, tea bags etc	Car users - have a car-free day (or week) - walk or cycle, or use bus or train instead	Reduce packaging waste by cooking more meals from scratch
Pack your packed lunch or leftover food in something that isn't a plastic bag or cling film	Volunteer with and/or become a member of a local wildlife conservation group (1)	Install a water butt to provide water for plants when it's dry	Buy your fruit and vegetables loose - use a reuseable produce bag	Try offering things on freegle before throwing them away (2)
Plan your menus and buy only what you need so no food is wasted	Commit to not buying cards or craft projects that contain glitter, it is a microplastic	Refill your washing up liquid bottle at church - £1 for 500ml of Ecover	Know and follow recycling rules, not just what goes in kerbside recycling but what you can bring to church or recycle elsewhere	Support a charity which helps the poor around the world who are those hardest hit by climate change
Use cooler and/or shorter settings on your washing machine when you can	Collect used oil or fat from cooking in a container to put in normal waste instead of letting it go down the drain	Try to share lifts where you can so there are fewer cars on the road	Get informed -sign up to an environmental newsletter eg. <a href="http://moralfibres.co.uk">moralfibres.co.uk</a>	Replace plastic bottles of soap or shampoo with bars
Grow something that you can eat	Buy an environmentally friendly birthday present for someone	Draw your curtains to keep heat in (or out)	Commit to leaving an area of lawn un-mowed this summer to attract wildlife	Repair or renovate items where you can, rather than replace

(1) <https://www.fruitandnutvillage.org.uk/> <https://reavalleystirchley.co.uk/>

(2) <https://www.ilovefreegle.org/explore/BirminghamFreegle>