

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 |



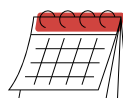
SUMMER

- | | |
|----------------------------|---------------------|
| 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



CLIMATE
WITNESS
PROJECT



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		



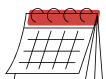
SUMMER

Warm showers	Using the dryer
Using the oven	Watering your lawn
Air conditioning	Plastic cutlery
Electricity	Feeding wildlife
Short car trips	Discarding usable items
Individually wrapped frozen treats	



WINTER

Imported strawberries
Buying new Christmas decorations
Warming up your vehicle
Heating rooms you don't use
Thermostat above 19 degrees C



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