



Earth Momma Earth Week Challenge

Name :

Year :

Mon

Meatless Monday:

Going meatless, even for just a day, can significantly reduce your carbon footprint. Explore vegetarian recipes, try out meat substitutes, or enjoy meals centered around vegetables, grains, and legumes. Share your favorite recipe or discovery on social media to inspire others!

Tue

Transportation Tuesday:

Choose walking, biking, public transportation or carpooling over driving alone. If you must drive, consider combining errands to make fewer trips. Reflect on the changes in your day and the potential long-term impact of altering your transportation habits.

Wed

Waste Free Wednesday:

Be mindful of your consumption. Use reusable bags, bottles, and containers. Avoid single-use plastics and packaging. Compost organic waste if you can. At the end of the day, evaluate your waste and think about how these practices can be integrated into your daily life.

Thu

Thrifty Thursday:

Repair, repurpose, or share items. If you need to buy something, consider second-hand options. Thrift shopping, swapping with friends or using local sharing platforms can be fun and sustainable ways to get what you need without contributing to more production and waste.

Fri

Fresh Air Friday:

Spend at least 30 minutes outdoors today, appreciating nature. Whether it's tending to your garden or a mindful walk in the park, reconnecting with nature reminds us of what we're working to protect. Consider how you can support local conservation efforts or initiate a cleanup in your community.

Sat

Water Savings Saturday: Focus on saving water, a precious resource that's often taken for granted. Reduce your water usage in simple yet impactful ways. Start your day by taking a shorter shower, turning off the tap while brushing your teeth, and running the dishwasher or washing machine only when they're fully loaded. Reflect on the importance of water conservation and how small actions can contribute to a larger environmental benefit.

Sun

Reflective Sunday: End your week by reflecting on your experiences. Consider which activities you found most fulfilling, which were challenging, and what you've learned about your environmental impact. Commit to making at least one permanent change based on this week's challenge. Share your journey with friends, family, or on social media to encourage others to become more environmentally conscious!