

# Accept the Challenge Address Climate Change

## Ways to take action for the planet while social distancing:

- ◇ Go plant based and compost - eat more plants, save left overs, reduce food waste. Compost spoiled food
- ◇ Reading over streaming - reading reduces the carbon foot print of streaming, reading e-books saves trees
- ◇ Make sterile disinfectants - Reuse spray bottles & make disinfectants using 30% peroxide and 70% alcohol—let air dry
- ◇ Switch to green power - try solar panels or switch to an electric utility offering green power options
- ◇ Take stock - check closets and cabinets for what you have to reduce your future consumer foot print, use what you have & donate what you don't need
- ◇ Volunteer for Earth Day - sign up for emails which have the latest digital ways to push for climate action <https://www.earthday.org/>  
<https://www.earthday.org/international-network/>
- ◇ Do an eco-friendly activity - plan a wildflower garden, protect birds by decorating old CD's and hang from windows
- ◇ Start a garden exchange - use social media to set up an exchange of seeds, plants, dirt, pots or used boards for raised beds. Exchange by leaving in front yard
- ◇ Keep your body moving - take 20 minutes outdoors preferably among trees to reduce stress & anxiety, improve mood, energy, sleep & boost the immune system



April 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		