

LENT CHALLENGE












Week 1 - use of water

- Turn off the tap while brushing your teeth.
 - Only use your washing machine for a full load.
 - Use the economy setting on your washing machine.
 - Collect rainwater to water pot plants with.
- If you have a leaky tap, replace the washer.
 - If you buy a bottle of water check to see if the manufacturer contributes to the cost of improving water facilities in other countries.
 - As a church, consider raising £60 to have at least one toilet twinned with a toilet in the third world (www.toilettwinning.org)



Week 2 – Use of Energy

- Only fill the kettle with as much water as you need,
 - If (?) it is a sunny day hang your washing outside on the line rather than using the tumble dryer.
 - Turn your central heating down by 1 degree 🙄
 - Do not leave appliances on standby unnecessarily
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- If you have an energy meter, try keeping your eye on your energy consumption for a week and see if you can reduce it.
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- Wash your hands in cold water at least once a day instead of using hot water 🙄
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- Report to the Council streetlights which are not working.

Week 3 – Reducing waste & Pollution



- Buy Easter Eggs which have the least amount of wrapping and packing.
 - Buy at least one recycled product this week.
 - Recycle as much of your packaging this week.
 - Buy at least one organic product this week.
 - When replacing a cleaning product, try buying a biodegradable detergent.
 - Is there something you can mend/repair instead of replacing?
 - Find out what percentage of waste taken to your local Council tip is recycled this month (please share on the website what you find out).
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Week 4 – Shopping Thoughtfully

- Buy only the food you need this week
- Buy one thing from a charity shop (once they are allowed to re-open)
- Buy a Fair-Trade Easter Egg of Chocolate as a gift
- Buy at least one (1) Fair-Trade product in your supermarket this week
- Have a clear-out of your wardrobe and take any un-needed items to your local charity shop when they re-open.

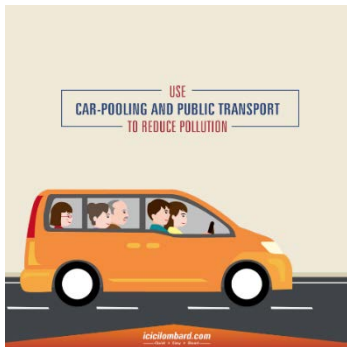


Week 5 – Maintaining and Increasing Biodiversity

- Don't drop any litter and if you see some that others have dropped pick it up and put it in the bin.
- Join a local litter picking group OR start one.
- Provide food for the birds in your garden.
- Plant a bed OR pot of wildflowers in your garden.
- Visit a country park and list the different animals, birds and insects you see.
- Go to a local Farmers Market and buy at least one locally produced item.



Week 6 – Use of Transport



- Try not to use your car for journeys less than a mile
- Go for a short walk somewhere different
- Use the bus or train for at least one journey (be safe)
- If you are using your car try to get the best miles per gallon you can by keeping a steady speed, ensuring your tyres are blown up to the correct level, not keeping the engine running while waiting for people.
- Try to find out about where the foods you eat regularly, come from.
- Car share with a friend to go to an event or weekly club (only if restrictions have been lifted)

**Thank you for taking up the Intergenerational
Worship Lent Challenge**

