

# Lent Challenge 2020



CLIMATE WITNESS PROJECT

SUN	MON	TUE	WED	THU	FRI	SAT
		FEB 25 7PM (EST) FACEBOOK LIVESTREAM	26 ASH WEDNESDAY LOOKING AHEAD	27 READING: SUMATRAN ORANGUTAN	28	29
MAR 1 PLASTICS CHALLENGE: SHOPPING	2 READING: RED KNOT	3 READING: AMUR LEOPARD	4 - DID YOU KNOW YOU CAN ASK AMAZON TO SEND PACKAGES WITHOUT PLASTIC?!	5 READING: GALAPAGOS PENGUIN	6 READING: STAGHORN CORAL	7
8 PLASTICS CHALLENGE: BATH & BODY	9 - TRY PLASTIC FREE TOILET PAPER AT WHOGIVESACRAP .ORG	10 READING: PANAMANIAN GOLDEN FROG	11 READING: INDIANA BAT	12 READING: KOALA	13 READING: BLACK- FOOTED FERRET	14
15 PLASTICS CHALLENGE: FOOD	16 READING: MONARCH BUTTERFLY	17 READING: NORTH ATLANTIC RIGHT WHALE	18 READING: POLAR BEAR	19- AVOID INDIVIDUALLY WRAPPED ITEMS, BUY BULK INSTEAD	20 READING: LOWLAND TAPIR	21
22 PLASTICS CHALLENGE: EATING OUT	23 READING: GOLDEN RIFFLESHELL MUSSEL	24 - BRING YOUR OWN REUSABLE TRAVEL MUG AND WATER BOTTLE	25 READING: OLM	26 READING: LAYSAN ALBATROSS	27 READING: GIANT RIVER OTTER	28
29 PLASTICS CHALLENGE: LAUNDRY	30 READING: CHINESE PANGOLIN	31 READING: RING-TAILED LEMUR	APR 1 READING: BLACK RHINOCEROS	2 READING: HAWKSBILL TURTLE	3- AVOID LIQUID LAUNDRY DETERGENT IN PLASTIC JUGS. TRY POWDER, OR STRIPS,	4
5 HOLY WEEK READING: BONOBO	6 LOOKING BACK & LOOKING AHEAD	7	8	9 MAUNDAY THURSDAY READING: ATLANTIC BLUE FIN TUNA	10 GOOD FRIDAY READING: AFRICAN ELEPHANT	11  12 EASTER SUNDAY READING: TAKHI



**WEEKLY TIPS AT** [HTTP://BIT.LY/LENTWILDHOPE](http://bit.ly/LENTWILDHOPE)

## *Ash Wednesday - Looking Ahead*

Plastic accounts for a big share of the burden we put on creation through our individual actions. But this is something we can change, and it isn't even painful! In fact, a plastic fast can be an adventure for our families and friends.

## *Week 1 - Shopping*

Over 500 BILLION plastic bags are used world-wide, every year! Let's bring our own bags when we go to the store, and ask Amazon to reduce the plastic when we shop online.

## *Week 2 - Bath and Body*

Our bathrooms are among the most plastic intense rooms in our homes. We can dramatically reduce our plastic waste with a few better choices: soap and shampoo, shavers, dental care, feminine hygiene products, and even our toilet paper!

## *Week 3 - Food*

Our kitchens are the other big source of plastic waste from our homes. We can dramatically reduce the plastic we bring into our kitchens and use there, with a few wiser purchasing and storage solutions.

## *Week 4 - Eating Out*

A little preparation is all it takes to have a guilt-free eating out experience. How about we refuse plastic straws and stirrers; bring our own travel mugs, water bottles, and leftover containers; and carry a reusable cutlery set?

## *Week 5 - Laundry and Cleaning*

Laundry and cleaning products are an easy way to reduce plastic use. There are so many options that reduce plastic and harmful chemicals in our home! We can even make our own!

## *Week 6 - Holy Week Looking back and Looking Ahead*

We just finished a six-week plastic fast. How do you feel? Was it hard? Which practices can you continue? Can we find even more ways to reduce our plastic usage? Complete our survey to help CWP we prepare for a deeper dive into reducing plastic waste. We would love to hear about your experience ([osjha@crna.org](mailto:osjha@crna.org))!

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