

FESTIVE SEASON ECO-FRIENDLY CALENDAR



DECEMBER 2019

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>1</p> <p>Invest in reusable water bottles for summer days </p>	<p>2</p> <p>Keep a bucket in the shower to water plants or flush the toilet. </p>	<p>3</p> <p>Commit to using your reusable bags at the store when shopping.</p>	<p>4</p> <p>Create a meal plan to avoid food waste - and even reduce the centimeters around your waist </p>	<p>5</p> <p>Invest in eco-friendly fire starters for your summer braais! </p>	<p>6</p> <p>Most sunscreen causes coral bleaching, go coral friendly! </p>	<p>7</p> <p>Visit the beach - and pick up some trash while you are there. </p>
<p>8</p> <p>Think second-hand first when purchasing any item. </p>	<p>9</p> <p>Commit to Reuse/Recycle as much as you can.</p>	<p>10</p> <p>Packing for a vacation or gearing up for a stay-cation - ditch the plastic bottles and products and opt for better alternatives</p>	<p>11</p> <p>Make your own Christmas cards. </p>	<p>12</p> <p>Consider houseplants or reusable products as gifts this Christmas. </p>	<p>13</p> <p>Ditch the technology and have a outdoorsy day in nature. </p>	<p>14</p> <p>Choose to lower the impact of your holiday lighting.</p>
<p>15</p> <p>Make homemade gifts to give to friends and family. </p>	<p>16</p> <p>Make a donation to a local environmental charity.</p>	<p>17</p> <p>If it's a 30 minute or less walk, get outside instead of driving. </p>	<p>18</p> <p>Ask yourself if you truly need it before making any purchases - it is better for the environment and your pocket.</p>	<p>19</p> <p>Use recycled paper to wrap your gifts. </p>	<p>20</p> <p>Ditch the straw in your drink order when out. </p>	<p>21</p> <p>Tell your friends on social media about your Green Christmas plans and spread the word of being more environmentally friendly.</p>
<p>22</p> <p>Check out the farmers market for local ingredients. </p>	<p>23</p> <p>Are you sure you've stopped using plastic straws? </p>	<p>24</p> <p>Prepping Christmas meals - buy food without packaging or minimal packaging. </p>	<p>25</p> <p>Serve dinner with cloth napkins and ditch the paper plates. </p>	<p>26</p> <p>Ditch the cling film for reusable alternatives.</p>	<p>27</p> <p>Take a Family Nature Hike </p>	<p>28</p> <p>Donate unused items in good condition to support the second-hand market.</p>
<p>29</p> <p>Visit your local park or beach and pick up some trash while you are there. </p>	<p>30</p> <p>Sign your name on a petition in favour of the protection of our environment. </p>	<p>31</p> <p>Walk! Make a new-year's resolution to walk more </p>	<p>REUSE</p>	<p>REDUCE</p>	<p>RECYCLE</p>	