



Climate change caused by our carbon emissions is threatening our planet like never before. It affects us all, particularly the poorest people in the world. As Christians we have a God-given responsibility to care for God's creation. This Carbon Fast has been put together by the Christ Church Eco Action Group, to help us respond to the climate emergency. Each week focuses on a particular theme which will be introduced during the talk on Sunday, followed up by a daily challenge to help us think about the impact of our lifestyles on the planet, and consider more sustainable swaps that we might be able to make in our day-to-day lives. It should be great fun as well as thought-provoking, and we hope that you'll join in - you can even follow along with our online community on Facebook, Instagram or Twitter, using #ccnmLent2021.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 WEEK OF PREP.	CONNECT 22ND FEB Share your lenten fast challenge with your friends. Prepare to post your daily actions on social networks and chat about it with them.	LAMENT 23RD FEB Start your Lenten journey by watching 'Climate Change, the facts', A BBC Documentary with David Attenborough. VISIT: bit.ly/carbonfast001	ACT 24TH FEB Look on the Christian Aid website and learn about how you can get powered up for climate justice! VISIT: bit.ly/carbonfast002	CONSUMPTION 25TH FEB Calculate your carbon footprint and consider which areas might be contributing most to your footprint. VISIT: bit.ly/carbonfast003	COMMIT 26TH FEB Remove one light bulb from your home and live without its light over the next 40 days to remind you of your commitment to the fast.	PRAY 27TH FEB Pray for those affected most by climate change using the Christian Aid Prayer Diary. VISIT: bit.ly/carbonfast006
WEEK 2 WASTE WEEK	USE YOUR OWN WATER BOTTLE 1ST MAR Plastic water bottles will take thousands of years to biodegrade. If you like sparkling water you could think about buying a soda stream.	DISPOSE OF WASTE RESPONSIBLY 2ND MAR Make a list of items you throw away today. Identify the wasteful items you can re-use or eliminate. e.g. You can donate your plastic takeaway containers to Tiddlywinks!	REDUCE FOOD WASTE 3RD MAR Check what you have at home before planning your weekly shop. Aim to eat (or freeze) all of the food you buy, and make the most of your left overs.	RE-USE AND RECYCLE 4TH MAR Make sure you're recycling as much of your rubbish as you possibly can. Look into your local Terracycle drop off points to see if there are any items you can save from landfill.	DITCH PLASTIC BAGS 5TH MAR Always carry reusable bags. Eliminate single-use plastic where you can. You could even try zero waste shopping online and see what you can find!	SHRINK YOUR CONSUMER APPETITE 6TH MAR Actively think about and question things you are buying on a regular basis. Do they last, do they give more than temporary satisfaction?
WEEK 3 FOOD WEEK	EAT LESS MEAT AND DAIRY 8TH MAR Eat veggie/vegan all week or buy responsibly sourced meat & fish from sustainable stock. Try non-dairy milk, yogurt, ice cream, & cheese.	SHOP ETHICALLY 9TH MAR Buy at least one Fairtrade item with your groceries this week. Don't forget to look out for fairly traded Easter Eggs.	WHY NOT TRY SOMETHING NEW? 10TH MAR Find a nearby restaurant that is open for delivery and uses locally sourced, organically grown, animal welfare friendly, fairly traded produce. Enjoy a meal in!	EAT LOCAL AND NATIVE FOODS 11TH MAR Try to give air freighted products a miss in your shopping this week. Notice which fruit and veg is in season and look at where it has been grown.	TRY ORGANIC 12TH MAR Try to buy food that has been grown without the use of harmful pesticides and fertilisers.	TRY LOOSE FRUIT AND VEGETABLES 13TH MAR Bagged veg is often "triple washed" which uses lots of water. Look into companies like Oddbox, who deliver fruit & veg that would otherwise have gone to waste.
WEEK 4 ENERGY WEEK	CHECK OUT YOUR LIGHTS 15TH MAR Install some LED light bulbs. Increasing energy efficiency is the first step to stewarding the resources we have been given.	CHOOSE RENEWABLE 16TH MAR Why not think about switching to a renewable energy provider, if you haven't done so already?	CONSERVE ENERGY 17TH MAR Turn everything off when not in use, rather than leaving them on standby. Turn your heating down by 1°C and wear an extra jumper.	WATCH YOUR KETTLE 18TH MAR Only boil the amount of water that you need. Remember to put lids on pans while waiting for them to come to the boil.	GO FOR SOLAR 19TH MAR Look into buying one piece of solar powered equipment. Perhaps a light or phone charger, or maybe even some solar panels for your home.	COMMIT TO WALKING OR CYCLING 20TH MAR Walk or cycle when you can. Look into offsetting your unavoidable carbon emissions. VISIT: bit.ly/carbonfast005
WEEK 5 WATER WEEK	CONSERVE RAINWATER 22ND MAR Leave buckets and other containers out to collect rainfall. Consider buying a water butt for your garden, if you don't already have one.	WATER IS PRECIOUS 23RD MAR Save water by turning off the tap while you wash vegetables or brush your teeth.	CHECK FOR LEAKS 24TH MAR Check your home for small leaks or dripping taps which can waste a surprising amount of water over time.	DON'T BE WASTEFUL 25TH MAR Only use the dishwasher and washing machine with a full load. Swap to eco-friendly detergents. Scrape rather than rinsing dirty dishes.	SHORTER SHOWERS 26TH MAR Time how long it takes you to shower. Why not set a goal to reduce the time. See if you can beat your personal best!	FLUSHED WITH PRIDE 27TH MAR Put a 'water hippo' or a brick in your toilet cistern to reduce the amount of water used for each flush.
WEEK 6 NATURE WEEK	NURTURE NATURE IN YOUR GARDEN 29TH MAR Plant some seeds in your garden or in a pot on your windowsill and watch them grow.	SCAVENGER HUNT 30TH MAR Go on a nature scavenger hunt and see what treasures you can find.	FEED THE BIRDS 31ST MAR Buy or make a bird feeder for the garden, and begin to log the different varieties you see.	PICK UP LITTER 1ST APR See how many pieces of rubbish you can pick up on your daily walk today.	DIG THE DIRT 2ND APR Dig up some soil and see what you can find. Learn about the important job that worms, beetles, spiders, and other bugs do.	PICK YOUR OWN FOOD 3RD APR It's not quite the right season yet, but make plans to 'pick your own' fruit and veg at a local farm once they have reopened after lockdown.