

Planet E and Me 28 Day Challenge

Complete 2 Actions of Significance Each Week

WEEK 1 - AWARENESS	<p>WATCH THE HISTORY OF CLIMATE CHANGE VIDEO (EPISODE 104) AT PLANETEANDME.COM *****</p>	<p>SIGN UP FOR "THE DAILY" NEWSLETTER AT GRIST.ORG AND READ EACH DAY</p>	<p>VIEW THE CURRENT ENVIRONMENTAL ROLLBACKS AT https://eelp.law.harvard.edu/regulatory-rollback-tracker/ AND CLICK ON ONE TO READ ABOUT</p>	<p>TYPE IN YOUR ZIP CODE AT LCV.ORG TO SEE YOUR FEDERAL REPS SCORECARD</p>	<p>RESEARCH ONLINE THE MEAT AND DAIRY PRODUCTS YOU TYPICALLY BUY ARE ANIMALS RAISED HUMANELY?</p>	<p>READ THE ENVIRONMENT SECTION DAILY AT NPR NEWS https://www.npr.org/sections/environment/</p>	<p>READ A BOOK ON AN ENVIRONMENTAL TOPIC OF INTEREST</p> <p>(SEE "RESOURCES" SECTION OF PLANETEANDME.COM FOR SUGGESTIONS)</p>
WEEK 2 - INDIVIDUAL	<p>CREATE A REUSABLE BAG KIT FOR EACH VEHICLE AT YOUR HOUSE *****</p>	<p>REDUCE HOUSEHOLD FOSSIL FUEL USE BY 10-20%</p> <p>THINK ABOUT YOUR CAR, LAWN MOWER, LEAF BLOWER, HEATING, APPLIANCE USE, LIGHTING, ETC.</p>	<p>CHECK YOUR MUTUAL FUNDS AND STOCKS</p> <p>DIVEST OF FOSSIL FUEL HOLDINGS (OIL, NATURAL GAS, COAL)</p>	<p>SWITCH TO ORGANIC PRODUCE, LOCALLY GROWN WHEN AVAILABLE</p>	<p>ADD EDIBLE PLANTS AND WILDLIFE-FRIENDLY LANDSCAPING TO YOUR YARD</p> <p>(FRUITING TREES, BERRY BUSHES, VEGGIE GARDEN, POLLINATOR-FRIENDLY FLOWERS)</p>	<p>REDUCE CHEMICALS AROUND THE HOUSE</p> <p>FIND ALTERNATIVES FOR PESTICIDES, CHEMICAL FERTILIZERS, TRADITIONAL CLEANERS, TOXIC PAINTS, ETC.</p>	<p>BECOME A MORE EARTH-AWARE CONSUMER</p> <ul style="list-style-type: none"> • BUY FEWER SINGLE-USE ITEMS • OPT FOR ITEMS WITH LESS PACKAGING • CONSIDER WHERE PRODUCTS COME FROM AND HOW PRODUCTS ARE PRODUCED
WEEK 3 - COMMUNITY	<p>GET THREE FRIENDS TO COMMIT TO TAKING THE 30 DAY CHALLENGE *****</p>	<p>CREATE ONE ENVIRONMENTAL PROGRAM IN YOUR COMMUNITY (WORKPLACE, FAITH GROUP, ETC.)</p> <p>IDEAS MIGHT INCLUDE:</p> <ul style="list-style-type: none"> • BOOK GROUP • MOVIE NIGHT • HIKE • NEIGHBORHOOD TAG SALE 	<p>WRITE DOWN 10 ACTIONS YOUR WORKPLACE CAN TAKE TO BE MORE ENVIRONMENTALLY FRIENDLY.</p> <p>GIVE LIST TO A SUPERVISOR</p> <p>(EXAMPLE: VIDEOCONFERENCE MORE AND TRAVEL LESS)</p>	<p>WRITE A LETTER TO THE EDITOR OF YOUR LOCAL NEWSPAPER ABOUT A CURRENT ENVIRONMENTAL ISSUE</p>	<p>TAKE PHOTOS OF WILD PLACES AND AREAS OF NATURAL BEAUTY IN YOUR COMMUNITY</p> <p>SHARE THEM</p>	<p>FIND OUT IF SCHOOLS IN YOUR AREA ARE TEACHING ABOUT CLIMATE CHANGE</p> <p>IF NOT, ENCOURAGE THEM TO DEVELOP A CURRICULUM TO TEACH ABOUT CLIMATE CHANGE</p>	<p>RESEARCH YOUR TOWN'S POLICIES RELATED TO:</p> <ul style="list-style-type: none"> • PESTICIDE USE • NEW CONSTRUCTION • RECYCLING • OPEN SPACE <p>CAN THEY DO BETTER?</p> <p>WRITE TO THE TOWN MANAGER OR APPROPRIATE PERSON ASKING FOR CHANGES</p>
WEEK 4 - STATE / NAT	<p>CREATE A CONTACT LIST OF YOUR STATE & FEDERAL REPRESENTATIVES *****</p>	<p>WRITE A LETTER TO A COMPANY WHOSE PRODUCT YOU LIKE BUT WHOSE PRACTICES COULD BE BETTER IN REGARDS TO THE ENVIRONMENT</p>	<p>WRITE A LETTER OR EMAIL TO YOUR STATE OR FEDERAL REP ABOUT AN ENVIRONMENTAL ISSUE YOU CARE ABOUT</p>	<p>VISIT A STATE OR NATIONAL PARK</p> <p>TAKE A GUIDEBOOK WITH YOU AND LEARN MORE ABOUT THE WILDLIFE IN THE PARK</p>	<p>SUPPORT AN ENVIRONMENTALLY RELATED CHARITY</p>	<p>VOLUNTEER FOR AN ENVIRONMENTAL PROJECT</p>	<p>RESEARCH ONE ENDANGERED SPECIES AND TAKE ONE ACTION THAT COULD HELP PROTECT/RESTORE THE SPECIES</p>