







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Dec. 3 Get creative with your wrapping. Shiny wrapping paper looks great, but the shininess also makes it impossible to recycle. Instead, try plain brown paper jazzed up with fabric ribbon? Or use reusable options like fabric wraps or gift boxes and bags that can be used again.</p>	<p>Dec. 4 Make your own decorations with loved ones. Such as making paper chains and ornaments from old cards and wrapping paper or making your own wreath. It's also a really fun group project.</p> 	<p>Dec. 5 Support your local markets, greengrocers or farm stands. If you shop at supermarkets, go for the loose fruit and veg – this will reduce single use plastic and food waste as you can buy what you need.</p>	<p>Dec. 6 Feast day of St. Nick. St. Nick is the protector of children and sailors and is associated with gift-giving. Choose plastic-free presents, like event tickets, homemade treats, purchase e-giftcards or swap books with fellow literature lovers.</p>	<p>Dec. 7 Say no to bottled water. Make the transition to a reusable bottle, and buying them for your friends is a great way to turn the tide on the waste.</p> 	<p>Dec. 8 Tone down the glitter! Popular though it is, glitter is not good news for the environment. It's effectively tiny pieces of plastic, that can potentially end up in our rivers and oceans. Avoid glittery make-up and cards and stick to sparkle that won't go down the drain.</p>	<p>Dec. 9 Cutting your cheese intake by 50 to 100% cuts carbon emissions by 196-392 lbs. The World Economic Forum has shown that dairy cheese trails just behind beef and lamb as the most prolific greenhouse gas generators among foods, ahead of chicken, pork and egg production.</p>
<p>Dec. 10 Intentional quality time can be the greatest gift of all. Slow down this season and give your gift of presence.</p> 	<p>Dec. 11 There are plenty of ways to cut down on plastic waste in the bathroom. Try bar soap, a bamboo toothbrush, plastic-free floss, plastic-free deodorant, a shampoo bar and use a washcloth rather than a plastic loofah.</p>	<p>Dec. 12 Make at least one of your holiday parties zero waste, if not all. Use cloth napkins and durable dishes/cutlery. Recycle cans and bottles, and compost food scraps and paper napkins.</p>	<p>Dec. 13 Keep hazardous waste out of our landfills and recycle batteries, lightbulbs and small electronics.</p> 	<p>Dec. 14 Advent is not meant to be a lonely journey— and neither is caring for creation! Individually, you are not going to solve the plastic waste problem, but in adopting small changes along with others we can make a difference.</p>	<p>Dec. 15 Change your furnace filter - If the furnace air filter is dirty or clogged, the circulation fan will be required to utilize more power to distribute air. This will cause the total price of your heating bill to increase.</p>	<p>Dec. 16 Studies show that spending 20 minutes a day outside reduces stress and anxiety, and improves sleep.</p> 
<p>Dec. 17 Coffee hour hosted by the Climate Care Team, let's use reusable containers.</p>	<p>Dec. 18 Let's save paper - convert to paperless billing and online banking.</p> 	<p>Dec. 19 Use timers or smart plugs to control Christmas decorations requiring electricity.</p>	<p>Dec. 20 Practice <u>The 10 R's of Sustainability</u>: responsibility, resist, reduce, return, repair, reuse, recycle, restore, respect, reach out.</p>	<p>Dec. 21 Sustainable pet supplies are always in style - buy collars and leashes made of hemp and organic fibers.</p>	<p>Dec. 22 Use cold water whenever you can, for any purpose.</p>	<p>Dec. 23 Use eco-friendly cleaning products, Blueland Company offers several.</p>
<p>Dec. 24 Meditate on God's creation. Breathe in, and receive God's wonders. Breathe out, and say thanks for those wonders.</p>	<p>Dec. 25 Have a very Merry Christmas!</p>	<p>Check out the CTK Craft Sale for handmade items with zero single use plastic. Saturday, December 2, 9:00a.m. to 3:00p.m. and Sunday, December 3 & 10 after service.</p>		<p>May your 2023 Advent be green! The Climate Care Committee The Church of Christ the King Episcopal Arvada, CO 80004 www.ctkarvada.org</p>		