

Take action to go green

Our Lent focus is on helping save God's planet. Here's 10 things you can do - more on www.portsmouth.anglican.org/environment

1 USE FAIRTRADE GOODS

As part of Fairtrade Fortnight (February 24-March 8), find an item that you can substitute with a fairly-traded one, to help farmers in developing countries. Details on www.fairtrade.org.uk



2 MEAT-FREE MONDAYS

For at least one day of the week, why not try avoiding meat, as the production of our meat has a massive effect on the sustainability of our planet? If you are vegetarian, you could try Vegan Mondays.



3 PLANT A SEED

Connecting with the source of your food is important. Why not plant a seed and nurture it over Lent? Broad beans, herbs, mustard and cress are possibilities. Involve children in this project.

4 PLASTIC-FREE ALTERNATIVES

Do some research into alternatives to plastic, which take centuries to biodegrade. There are alternatives to plastic containers for many products. Commit to using one for Lent.

5 LITTER PICK

Why not go for a walk and pick up litter in your community? Take gloves and a biodegradable sack. If you can involve others, so much the better.

6 CALCULATE YOUR CARBON FOOTPRINT

Calculate the effect that you have on the planet via www.footprint.wwf.org. Think about what you could do to reduce it during Lent and beyond. Where are you booking holidays this year, and what effect will that have on God's planet?



7 CONSIDER YOUR WARDROBE

It takes 2,700 litres of water to make a cotton shirt. Research the ethics behind your favourite brand. Can you make more ethical choices when buying new? Could you buy some clothes second-hand, or donate unwanted clothes from your wardrobe to others?

8 RECYCLING

Research where your black and green bin contents end up. Where is the recycling facility? Can you visit it, so you know how to recycle more effectively? Could your church or school visit? Does your church offer recycling or charity clothing collection bins?



9 TRANSPORT CHOICES

Consider the impact of your transport choices on climate change. Can you replace a car trip with public transport, cycling or walking? If the service is bad, can you lobby for better local public transport?

10 BUY NOTHING DAY

Take a day off from being a consumer. Consider how reducing consumption also reduces waste and reduces your carbon footprint.