

# 52 Easy Things and 52 Hard Things to change our planet!

\*Borrowed heavily with permission from the Church of the Nativity.

**If you are reading this, PLEASE consider sharing it with 10 others!**

<a href="#">Easy Things</a>	<a href="#">Hard Things</a>
<b>January</b>	
Request an energy audit from your electric utility.	Install a programmable thermostat.
Avoid products with a lot of packaging.	Switch to LED lights and turn off when not in use.
Set your thermostat at 68 in the winter and 78 in the summer.	Update to Energy Star appliances.
Wash clothes in cold water and only do full loads.	Winterize your home—increase attic insulation, etc.
<b>February</b>	
Run your washer or dishwasher only with full loads.	Insulate your hot water heater.
Turn off the water while brushing your teeth,	Maintain window and door seals to limit drafts.
Take short showers instead of baths.	Install low flow shower heads.
Plan your meals; buy exactly what you need.	Fix any leaky or dripping faucets.
<b>March</b>	
Don't use black garbage bags which do not recycle.	Mulch plants and trees or plant ground covers.
Remove weeds by hand, not chemicals.	Plant drought resistant and native plants.
Use organic fertilizers.	Grow patio veggies in a pot or build a raised bed.
Mulch your garden with shredded leaves and avoid tilling your garden.	Compost your organic waste and use it in your garden.
<b>April</b>	
Dishwashers are programmed to replace water (still using less than rinsing) if there is debris. Smear liquid DW soap on baked on food for clean pans.	Shop at a farmer's market and buy locally grown food in season.
Eat leftovers; establish a "week-in-review" meal.	Join a CSA (Community Supported Agriculture)
Leave skins on potatoes, carrots & cucumbers. (More nutrients for you!)	Remove weeds by hand not with chemicals.
Buy "ugly" food (slightly blemished, crooked, etc.)	Build/buy a compost bin and feed it.
<b>May</b>	
If you see worms on the sidewalk, you have over watered your lawn. Most need only 1" a week.	Find a compost pick – up service.
Volunteer at the St. Francis community garden.	VermiCompost (the worms love it and so does the earth).
Mulch plants and trees.	Be grateful for the nourishment you need and do not burden the earth by over-consuming.
Build a nest block for Mason Bees.	Study the political, social, and economic causes of environmental destruction.
<b>June</b>	
Close your curtains during high heat and cold times.	Install solar panels.
Make your lawn smaller and your plantings bigger.	Support the Clean Air Act.
Build a brush pile in your yard to provide shelter for wildlife.	Buy NC GreenPower.
Plant dill or butterfly weed, both excellent host plant for butterflies.	Keep car, boat, and other engines properly tuned.
Follow local watering restrictions.	Join a CSA (Community Supported Agriculture).

<b>July</b>	
Replace non-native plants with native plants. Clump them for a better habitat.	Use rechargeable batteries.
Get a good reusable water bottle instead of buying bottled water.	Avoid using gas-powered lawn and garden equipment.
Use bar soap instead of soap in plastic bottles.	Plant a tree.
Use EPA Safer Choice Cleaning Products.	Drive an energy efficient car.
Don't litter!	Drive less, carpool or use public transportation.
<b>August</b>	
Use a bucket and sponge to wash your car.	Use as clothesline.
Wash vegetables in a bowl or sink instead of under running water	Inform your elected officials about your concerns about climate change.
Pick up litter in your neighborhood.	Commit to the use of clean, renewable sources of energy.
Buy used rather than new clothes and donate gently used clothes.	Change out old toilets for low-flush ones.
<b>September</b>	
Don't use plastic straws.	Buy and use stainless-steel straws.
Consolidate errands so you drive less.	Sign-up for curbside recycling and learn the rules.
Read Laudato Si <a href="https://www.papalencyclicals.net/">https://www.papalencyclicals.net/</a>	Find places that recycle electronics such as <a href="https://www.anythingwithaplugrecycling.com/">https://www.anythingwithaplugrecycling.com/</a>
Try a vegetable you haven't tried before.	Buy ethically sourced and fair-trade products.
Keep plasticware in the car to reuse for take-out meals.	Identify places you visit regularly that accept light bulbs and batteries for recycling – and take yours!
<b>October</b>	
Use dry detergent in recyclable cardboard boxes.	Plant a spicebush for berries that birds love.
Hold back on using heated water when possible.	Contact companies to be removed from paper mailing lists.
Eat less meat. Experiment with vegetarian recipes.	Use reusable shopping bags.
Buy in bulk and bring your own containers at places such as Part and Parcel <a href="http://pnpdurham.com">pnpdurham.com</a>	Install energy efficient windows.
<b>November</b>	
Use left-overs; can it/freeze it/pickle it/enjoy pie for breakfast!	Wash and re-use food storage bags.
Use leftover water for houseplants.	Put produce bags in all your shopping bags for reuse.
h from cow's milk to a plant-based milk.	Buy fewer toys for your children.
Use cloth rags instead of paper towels.	Look for non-plastic toys.
<b>December</b>	
Send email cards instead of paper ones	Give experiences instead of gifts.
Use the library or e-books instead of buying.	Turn off as much as possible when not in use.
Use reusable gift bags or wrap in comic pages.	Re-envision instead of redecorating.
Buy local.	Buy a living Christmas tree and plant it. Or buy an organic tree which has a lower environmental impact.
Use a wool ball in your dryer instead of dryer sheets.	Examine your lifestyle for instances of overconsumption or waste.

For more info go to: [stfrancisraleigh.org/care\\_for\\_creation](http://stfrancisraleigh.org/care_for_creation) or [stfccreation@gmail.com](mailto:stfccreation@gmail.com)