

Try this!

Fish on Friday? Meat-free Monday?

For a long time, people stopped eating all meat except fish on the Fridays during Lent, to help them prepare spiritually for Easter.

Not eating meat can make a difference to our environment as well. Climate experts say we will need to reduce our consumption of beef and lamb in order to reduce carbon emissions and prevent climate change.

But take care: alternatives to meat can create greenhouse gas emissions too.

- Could you and your family plan a meat-free day?
- Which recipes could you swap with other households?
- Which foods produce the highest and lowest amounts of greenhouse gases?

Follow the links for more information:

www.bbc.com/future/article/20200211-why-the-vegan-diet-is-not-always-green

www.bbcgoodfood.com/howto/guide/classic-recipes-minus-meat



Try this!

Nothing new?

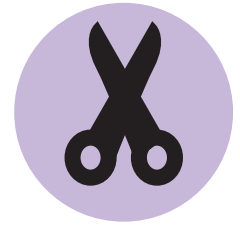
How are your fixing skills? Could you sew a button or mend a sock? Could you refashion old clothes?

One new T-shirt creates the same carbon emissions as two to three days of energy use in your home. Buying second-hand or enjoying what you already have are great ways to lower your carbon emissions, to help reduce the effects of climate change.

- Apart from food, medicines and basic toiletries, could you spend Lent mending, borrowing, buying second-hand, or going without?
- Give away things you don't need: is there someone else who could make use of it, or a charity shop that could benefit?

Follow the link for more information:

www.livinglent.org/what-could-i-do/nothing-new/



Try this!

Go-go-go green?

Walking and cycling can be great for our health and well-being. They can help make the world better for others too by reducing our carbon emissions.

- Could you cycle or walk today instead of motorised transport?
- How long could you go without using a car?
- Could you talk to your council about improving transport options in your area?

Follow the link for more information:

www.livinglent.org/what-could-i-do/transport/



Try this!



Low power mode?

In the UK, a quarter of a person's carbon footprint is from the energy they use at home. Gadgets, TVs, lights, cooking and heating – they all add up!

- Could you make an effort to lower your energy bills over Lent and do good for the environment too?
- Where are you wasting energy by not switching off? A home energy monitor can help you identify savings.
- Could you cope with your home being 1°C cooler?

Some people choose a 'green' tariff for their energy bills, but some are 'greener' than others. Can you find out how 'green' your energy is? Ask your supplier if they actually invest in renewable energy sources.

Follow the link for more information:

www.livinglent.org/what-could-i-do/energy-use/



Try this!



It's rubbish!

Most of us have seen the harm that plastic waste can cause to our environment. But we still throw away or recycle lots of plastic in our household bins every week. Recycling is better than landfill but uses a lot of energy.

- Could you do a week's shopping without any throw-away plastic packaging?
- How many days in a row could you manage not to throw out any plastic?
- Take a rubbish bag with you when you go for a walk and gather up any plastic waste you spot. A litter picker is a fun way to do it!

Follow the link for more information:

www.livinglent.org/what-could-i-do/single-use-plastics/



Try this!

Bring a banana?

Which of your possessions would you miss the most if it disappeared? Your phone? Your TV? Your bed? People without a home of their own often live with very few things and life can be very difficult. It can be tough to know how best to help.

- Could you show kindness to a homeless person? A bottle of water or a ripe banana can be appreciated as a gift, but why not ask first to make sure.
- Ask your church what is being done to address homelessness in the community.
- Find out more information from **www.housingjustice.org.uk**: you can donate there too.

Follow the link for more information:
www.housingjustice.org.uk



Try this!

A little letter

Words are powerful! There's a phrase 'The pen is mightier than the sword'. If you want to change something about your community, who could you ask? What sorts of words would you use?

- Find out how to get in touch with your local political representatives and councillors. What could you say to them?
- Ask friends if they agree with you about things that you think should be changed. Could you inspire them to send a message to their politicians too?
- Would your politicians come on a walk with you or your church group while you show them that you would like to change (respecting safe distances and safeguarding)?

Follow the link for more information:
www.jointpublicissues.org.uk/meetyourmp/

