



Instructions for Completing the Environmental Challenge

Dear Rotarian,

Thank you for participating in the PAUR Environmental Impact Committee Environmental Challenge.

- Each month complete at least one task associated with the monthly theme.
- Check it off and keep some notes on your activities.
- If you cannot get to a specific challenge, there are two bonus challenges to help offset a month of your choosing: (1) an EIC Forum, (2) or help with an EIC project. Check off Bonus Challenge to credit yourself for the month.

Send your monthly progress to Don MacKenzie email: dongomack5170@aol.com. The Environmental Impact Committee will give you a green dot recognition for completing nine months of challenges and a special prize for completing all 12 months. We hope you will enjoy a year long journey in sustainability and environmental conscientiousness!

Have fun making your difference,
The Environmental Impact Committee

Rotary Environmental Impact Committee Environmental Challenge

January	February	March	April
Sustainable New Year	Earth Sweetheart	Waste Reduction March	Think Globally, Act Locally
May	June	July	August
Eat Like You Mean It	Carbon Footprint Awareness	Building Earth-Friendly Habits	Unplug August
September	October	November	December
Back-to-School Awareness	Experience your Environment	Nothing New November	Zero Waste Giving



Month	Tasks	Notes
January Sustainable New Year	<ul style="list-style-type: none"> <input type="checkbox"/> Lower thermostat setting at night. <input type="checkbox"/> Get a compost bin and compost after every meal. <input type="checkbox"/> Don't use your car one day a week. <input type="checkbox"/> Bonus Challenge*. 	
February Earth Sweetheart	<ul style="list-style-type: none"> <input type="checkbox"/> For Valentine's Day give a potted plant instead of cut-flowers. <input type="checkbox"/> Consult your EIC refrigerator recycling magnet and learn your local recycling and composting options and guidelines. <input type="checkbox"/> Participate in National Invasive Species Awareness Week --- https://www.nisaw.org. <input type="checkbox"/> Bonus Challenge*. 	
March Waste Reduction	<ul style="list-style-type: none"> <input type="checkbox"/> Spring cleaning time! Donate old items instead of throwing them out. <input type="checkbox"/> Opt out of junk mail --- http://optoutprescreen.com; http://DMAchoice.org. <input type="checkbox"/> Make a habit to use your EIC water bottle and bring reusable grocery bag. <input type="checkbox"/> Bonus Challenge*. 	
April Think Globally, Act Locally	<ul style="list-style-type: none"> <input type="checkbox"/> Celebrate Earth Day by planting something native and green this month. <input type="checkbox"/> Read a book or read a book to a young person about an environmental issue. <input type="checkbox"/> Have a meaningful conversation with a non-Rotarian about EIC initiatives. <input type="checkbox"/> Bonus Challenge*. 	
May Eat Like You Mean It	<ul style="list-style-type: none"> <input type="checkbox"/> Go meatless one day a week this month -- meatless Monday. <input type="checkbox"/> Explore your local farmer's market and buy local. <input type="checkbox"/> Don't eat anything with corn syrup and palm oil for a week --- http://palmoilscorecard.panda.org. <input type="checkbox"/> Bonus Challenge*. 	
June Carbon Footprint Awareness	<ul style="list-style-type: none"> <input type="checkbox"/> Calculate your carbon footprint --- https://www.carbonfootprint.com. <input type="checkbox"/> Get an OhmConnect and set it up to reduce your electrical use --- https://ohmconnect.com. <input type="checkbox"/> Check your house and garden for any water leaks and get them repaired. <input type="checkbox"/> Bonus Challenge*. 	

Month	Tasks	Notes
July Building Earth-Friendly Habits	<ul style="list-style-type: none"> <input type="checkbox"/> Reduce natural gas appliance usage/gasoline usage. <input type="checkbox"/> Reduce the frequency of delivery services and bundle packages. <input type="checkbox"/> Become water wise in your home (showering/dishwashing/clothes washing/garden irrigation). <input type="checkbox"/> Bonus challenge*. 	
August Unplug August	<ul style="list-style-type: none"> <input type="checkbox"/> Recycle unused electronics and household items --- https://www.recyclestuff.org. <input type="checkbox"/> Upgrade to an energy efficient appliance, an electric car, or solar powered items. <input type="checkbox"/> Power down from 4-9 pm for 1-day a week --- https://www.energyupgradeca.org/time-of-use. <input type="checkbox"/> Bonus Challenge*. 	
September Back-to-School Awareness	<ul style="list-style-type: none"> <input type="checkbox"/> Send your kid/grandkid back to school with reusable lunch box/bag, water bottle and cutlery. <input type="checkbox"/> Donate environmentally conscious books to schools. <input type="checkbox"/> Watch a documentary with kids about sustainability and/or the environment. <input type="checkbox"/> Bonus Challenge*. 	
October Experience your Environment	<ul style="list-style-type: none"> <input type="checkbox"/> Plant a tree or support tree planting. <input type="checkbox"/> Participate in a beach cleanup or donate to a marine preservation organization such as https://www.surfrider.org. <input type="checkbox"/> Take a hike. <input type="checkbox"/> Bonus Challenge*. 	
November Nothing New November	<ul style="list-style-type: none"> <input type="checkbox"/> Explore https://nextdoor.com for items you need instead of buying new. <input type="checkbox"/> Do not buy anything new for yourself this month. <input type="checkbox"/> Look up and join either freecycle or a buy nothing group --- https://www.freecycle.org or http://buynothingproject.org. <input type="checkbox"/> Bonus Challenge*. 	
December Zero Waste Giving	<ul style="list-style-type: none"> <input type="checkbox"/> When wrapping gifts, use cloth or recycled brown paper. <input type="checkbox"/> Gift an experience, rather than physical goods. <input type="checkbox"/> Do not use disposables when entertaining. <input type="checkbox"/> Bonus Challenge*. 	

*Bonus Challenge: Earn a monthly credit up to twice a year if you: (1) attend an EIC Forum; (2) or help with an EIC project.