

# 34 Days and 34 Ways to Care for Creation

<b>September</b> 			
Grow food – even a pot of lettuce or herbs in the kitchen window.		Recycle glass and cardboard (and whatever else you can in your area).	Buy food in bulk to reduce packaging waste.
			
Get a water bottle (preferably glass or metal.) Thrift stores usually have a good supply.	Walk, bicycle, carpool, or take public transportation.	If walking or biking aren't possible, combine errands in one trip.	Eat lower on the food chain – reduce meat, dairy, and fish.
			
Use fewer chemicals: switch to natural household cleaners.	Shop at yard sales and thrift stores where possible.	Start or support a book exchange at your local parish or community center.	Shop at a growers/farmers market.
			
Adjust your thermostat to save energy.	Buy local where you can.	Switch to paperless billing.	Skip single-use plastics.
			
Join with friends and neighbors to share equipment used infrequently – garden tools, construction tools, kitchen gadgets.	Conserve energy by turning off the lights when you leave a room.	Plant native plants in your yard or in a pot to support pollinators and the local ecosystem.	Reconnect with nature: take a walk and notice the sights, sounds, and smells of nature.

20 Start a compost pile.	21 Go meatless today.	22 Pick up any litter that you see.	23 Use a drying rack or clothes line instead of a dryer.
24 Take a shorter shower.	25 Use recyclable shopping bags.	26 Support a green business.	27 Remove some invasive plants on your property.
28 Use cold water in your washing machine.	29 Inform yourself about recycling practices in your community and follow the rules.	30 Eat a plant-based diet today.	<b>October</b> 1 Conserve water by turning off the water when washing each dish or brushing your teeth.
2 Use fewer chemicals: switch to natural body/beauty products.	3 Share this list with friends!	4 Consider leaving the leaves on at least part of your property. Decomposing leaves creates natural mulch and improves soil health. It also provides essential habitats for overwintering insects and other small creatures, which in turn benefit birds and other wildlife.	