

April 18 - May 27, 2010

40/40/40 **Sample Actions** **for the Earth**

Choose one or more of these 40+ actions for your 40-day pledge, **or create your own** adventurous 40-day lifestyle change, for the sake of the Earth and all who live here. To learn more about 40/40/40, see www.tr.im/404040.

1. **Skip fast food** _____
2. meals **without a t.v. or computer monitor on** _____
3. **vegetable garden** _____
4. **Fair Trade sources** _____
5. **Eat lower on the food chain** _____
6. **donate to a food pantry** _____
7. **Think about food production, distribution, and impact** _____
8. **Eat one more meal together** _____
9. **Clothesrack or clothesline** _____
10. **Keep your food packaging and document the volume** _____
11. **Be a good food advocate** _____
12. **Make your own cereal** _____
13. **Avoid food that is not good, humane, clean, and fair** _____
14. **Meet with a food study group** _____
15. **No water from plastic bottles** _____
16. **Fruit or vegetable snacks** _____
17. **Read on ethical eating** _____
18. **Switch to organic produce** _____
19. **Reduce packaging** _____
20. **Organize a congregational celebration** _____
21. **Try veganism** _____

22. Describe **factors you would have guide your food choices** _____
23. Commit to **local** food _____
24. Support **food pantries** and similar services _____
25. Learn about meaning of **labels** _____
26. **Avoid chain supermarkets** _____
27. **Compost** _____
28. **Read about food choices** _____
29. **Avoid processed foods** _____
30. **Discuss environmental justice and food** _____
31. Use only **reusable bags** _____
32. If you eat **fish and other sea life**, choose wisely _____
33. **Collect recipes** _____
34. Use **reusable containers** for restaurant leftovers _____
35. Talk about making **mealttime a joy and delight**, with **value** _____
36. Buy foods with **fewest steps from production** _____
37. Choose least **food package volume** _____
38. Host **a film series** on food _____
39. **Make batches of good food, share recipes ...** _____
40. **Gather stories of 40/40/40** _____

Added ideas from the audience of No Impact Man, shown 4/9/10 at WES.

1. **Grow my own veggies!** _____
2. **Reduce, reuse, recycle.** _____
4. Make my own **cleaning products** _____
5. **Write to BP** about their misleading TV ads. _____
6. Start a book on **No Impact Man** _____

7. Cook fresh and local with **simple ingredients**. _____
8. **Take small and large bags** to stores _____
9. Help **get rid of Styrofoam trays**. _____
10. **Use less electricity** _____
11. **Re-use clothing**; buy at thrift stores _____
12. BethesdaGreen.com and MontgomeryCounty.gov for **energy saving ideas** _____
13. **Use it up, wear it out, make do, or do without**. _____
14. **Carry my own coffee cup** _____
17. Ride my bike or take public transportation _____

**More 40/40/40 Ideas for
Children and Youth**

1. **Help in the kitchen** _____
2. **Chew one bite 40 times** _____
3. Eat at least **one fruit or vegetable** _____
4. **Check labels** _____
5. Drink **water** only from the tap or a water fountain _____
6. **Don't drink soda** _____
7. Try **new whole foods** _____
8. **Write a skit** about food choices _____
9. **Plant and water vegetable seeds** _____
10. **Ask new questions** about food _____

Your own ideas:
