40 Years of Earth Day / 40 Days of Commitment / 40 UUs in your congregation stand up for the Earth
April 18 - May 27, 2010

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 mealtime 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:

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