

ACTIONS & AMBITIONS PLANNER: Week 3



This is easy!

- Take a walk in nature, be really observant and appreciative of the trees and vegetation. Maybe count the tree species? Smell the fragrances of creation
- Assess the plant-based products used at home – perhaps start by switching the milk on my cereals – lots of alternatives are far tastier. Can you reduce reliance on dairy products?
- Review the website <https://www.ethicalconsumer.org/palm-oil> to help you understand which brands are kinder to nature
- Start assessing your waste at home – how much are you sending to landfill? Can you increase ways of reusing and upcycling as part of our care for creation – putting gifts from God in the picture?
- Give your time by joining a local litter picking project – a great opportunity to start those conversations about Jesus at the same time – explain about our creation care series
- Commit to bringing your reusable coffee cup to St Mary's & Sale West each time you visit



This needs a little more planning

- Start buying organic – maybe just one product as a starting point and then expand as your budget allows
- Increase plant based food intake to vary your diet and improve your health while helping nature
- Check out <https://www.terracycle.com/en-GB> you will be amazed at the household items that you can recycle through local schemes
- Maybe you would like to learn about carbon offsetting projects that are run by Christians across the globe? Visit this following site to find out more! <https://www.climatestewards.org>



Needs more consideration

- Is it time to get that allotment that you have been thinking about for some time? At least get your name on the waiting list and start researching how you get started with growing more produce for yourself and to share with friends and family.
- Commit to composting!
- Seek out ethically produced products such as Fairtrade options to ensure that the suppliers of your produce pay the workers fairly and that workers have rights
- Can you give to Tearfund's Bin Twinning initiative (<https://www.bintwinning.org/>) and donate £45 to 'twin' your bin and fund a community project that's preventing disease, poverty and protecting the land?
- Can you give your time in the future to conservation by volunteering with an organisation such as Volunteering Opportunities (<https://www.arocha.org.uk>) or <https://www.rewildingbritain.org.uk>