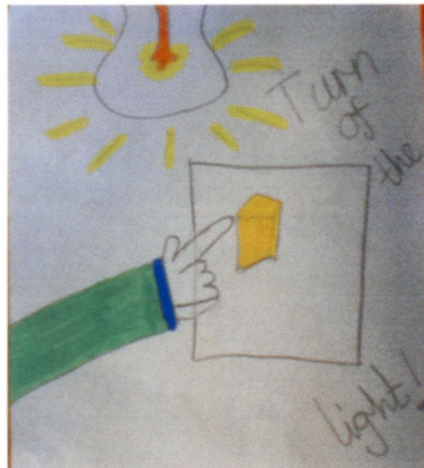


St Teresa's Green Lenten Pathway 2008



Each day has an eco-friendly task to carry out. Some may not be appropriate for your family, or may not suit the weather that day. Feel free to adapt the Lent calendar to suit your household. If you feel that the programme has saved you money, you may like to make a donation to CAFOD through the school. Thank you.

	Wednesday 6 February ASH WEDNESDAY Order a compost bin from your council	Thursday 7 February Read a book instead of watching TV for one evening	Friday 8 February Use local shops today instead of driving to the supermarket	Saturday 9 February Send someone a letter you have written by hand	Sunday 10 February Walk to church today	
Monday 11 February Make a fruit smoothie and compost the peel	Tuesday 12 February Catch some rainwater for watering plants (maybe get a waterbutt)	Wednesday 13 February Re-use paper whenever you can. Paper has 2 sides!	Thursday 14 February Buy at least one item which is Fairtrade when you go shopping	Friday 15 February If you like a bath, have a shower today. If you always shower, make it quick today!	Saturday 16 February Join the library. Books get reused many times	Sunday 17 February Plant some seeds
Monday 18 February Check your car tyre pressures. Low pressure means more fuel.	Tuesday 19 February De-ice your fridge – it will use less electricity	Wednesday 20 February Walk On Wednesday!	Thursday 21 February Take your own bags when you go shopping. Say NO to supermarket carriers	Friday 22 February Change one lightbulb for a low energy one	Saturday 23 February Play with board games and leave the computer off all day	Sunday 24 February Go for a walk or a bike ride today
Monday 25 February Re-use an envelope	Tuesday 26 February Swap books with a friend or even start your own book club	Wednesday 27 February Don't leave the TV on standby at all today	Thursday 28 February If you have a hot water tank, make sure it has the maximum insulation	Friday 29 February Check all the taps in the house to make sure they don't drip.	Saturday 1 March Buy Mum or Grandma some Fairtrade flowers or a plant for the garden	Sunday 2 March MOTHERING SUNDAY Cook plenty of organic fresh veg for lunch
Monday 3 March Run your washing machine at 30° whenever you can.	Tuesday 4 March Take old magazines and comics to the doctor or dentist waiting room	Wednesday 5 March Save water. Don't leave the tap running when you brush your teeth.	Thursday 6 March Eat fruit rather than unhealthy snacks	Friday 7 March Feed the birds in your garden	Saturday 8 March Take a bag of clothes or toys to the Charity shop	Sunday 9 March Empty the contents of your paper shredder into the compost bin (or a friend's compost bin if you don't have one)
Monday 10 March Could you grow something to eat? Tomatoes are an easy one to start with	Tuesday 11 March If you have to drive, find out about car-sharing	Wednesday 12 March Are you recycling everything you can? Really?	Thursday 13 March Make a toy out of something which would have been thrown away.	Friday 14 March Keep the heat in. Close all the doors when you go out.	Saturday 15 March Buy Easter Eggs made from Fairtrade Chocolate for your family	Sunday 16 March Play outside – don't watch TV all afternoon.
Monday 17 March Wash out all your plastic bottles this week and take to the bottle bank at the supermarket	Tuesday 18 March Make an Easter card for someone you love	Wednesday 19 March If you're warm, turn the heating down or off instead of opening the window.	Thursday 20 March MAUNDY THURSDAY Pull back the curtains and turn off the lights	Friday 21 March GOOD FRIDAY Take the dog (or someone else's dog) for a good walk	Saturday 22 March Think about every single thing you put in the bin today. Does it really have to go to landfill?	Sunday 23 March EASTER DAY! Enjoy your fairtrade chocolate with a cup of fair-trade tea or fruit juice