

Month	Topic	Week	Did You Know?	Learn More	Act
January	Eco Cleaning	Jan 6-7	Did you know that every year, Americans send nearly 150 million tons of waste to the landfill? That includes 9 million tons of clothing and shoes.	Decluttering is bad for the planet	Consider alternative ways to clear the clutter in your home without filling up the landfill.
		Jan 13-14	Green cleaning products are typically safer for the environment and people's health than their nongreen equivalents.	What Is Green Cleaning? Green Cleaning Guide	Make a resolution to begin this new year using products that are more environmentally and health friendly.
		Jan 20-21	Green cleaning products are non-toxic, and biodegradable, so they have less impact on the environment. Other chemical cleaning products may contain ingredients from non-renewable sources and have toxic impacts that can hurt the world's eco-system.	Does Your Cleaning Routine Need a Makeover?	Check to see if your cleaner makes the cut on safe cleaning products at https://www.epa.gov/saferchoice
February	Plant Based Diet	Jan 27-28	Did you know that the use of conventional cleaning products can contribute to higher pollution indoors than outdoors?	Cleaning products cause indoor pollution levels similar to a busy road	Conventional Cleaning Products Emit Hazardous Chemicals
		Feb 3-4	Did you know that not all plant based diets are healthy?	https://www.youtube.com/watch?v=k8wYxkZuzaQ	Consider changing your meal plans to include a whole food and plant based diet
		Feb 10-11	Did you know you can follow a plant based diet and still eat meat?	Whole-Foods, Plant-Based Diet: A Detailed Beginner's Guide	Challenge yourself to adopt a whole food diet during Lent and sign up for the Meatless Monday Challenge.
March	Frogs & Toads	Feb 17-18	Did you know that plant based diets can save you money?	What is a plant-based diet, and is it healthy? Columbia University Irving Medical Center https://youtu.be/k8wYxkZuzaQ?feature=shared	Sign up for the Meatless Monday Challenge! https://www.mondaycampaigns.org/meatless-monday/meatless-monday-challenge?gclid=Cj0KCQiAwbiBhDIArIAABF1IkUuziIt6e7LbxBpSdlQkv9Y2EZYVBgnsN6dX-dvPoaplc3po4U9B0aAhT9EALw_wcB
		Feb 24-25	Did you know that plant based diets are more sustainable than meat based diets?	Learn more: What are the Frogs Trying to Tell Us? – Natural History Society of Maryland (marylandnature.org) https://www.marylandnature.org/what-are-the-frogs-trying-to-tell-us/	
		Mar 2-3	Did you know that Frogs are important care for creation communicators?	Act: Spring is a great time to begin creating more habitat for frogs and toads in our community. Learn more in the weeks ahead.	
April	Plastic Reduction	Mar 9-10	Did you know that frogs and toads are an important part of the ecosystem God created?	Learn more: www.marylandzoo.org/news-and-updates	Act: Become a part of Frogwatch USA to help gather information about frog and toad species and their habitat. FrogWatch - My Green Montgomery ; https://mygreenmontgomery.org/frogwatch/
		Mar 16-17	Did you know that there are many ways that you can invite frogs and toads into your garden?	Learn more: Supporting Frogs & Wildlife with a N	Act: Check out some of the suggestions to create more habitat in your yard or community.
		Mar 23-24	Did you know that some of the sounds you hear when you are outside are not insects but rather frogs and toads?	Learn more: Listen to some of the music created b	Act: Spend some time in the coming weeks listening to the symphony God brings to us through these marvelous creatures.
April	Plastic Reduction	Mar 30-31	Did you know that birds and pollinators need sources of clean water to thrive?	Learn More: Habitat Essentials	Add a birdbath, a dish or water or even a shallow pond in your yard to give these pollinators a water resource.
		Apr 6-7	Did you know that Earth Day first began in 1970 and has been celebrated yearly on April 22nd? This year's theme is Planet vs. Plastics .	Learn more: to find out how you can become part of the solution to a problem that affects our environment, health, and underserved populations worldwide. God's creation and creatures need our help. Thank you to the Catholic Climate Covenant for the YouTube video 2024 Earth Day: Healing Our Throwaway Culture: A Focus on Plastics https://www.youtube.com/watch?v=euSqO	Act: Check your consumption habits to see how you can reduce your plastic use.
		Apr 13-14	Did you know that plastic waste harms God's creation by killing marine and terrestrial wildlife, takes up space in limited-capacity landfills, contributes to greenhouse gas pollution by the manufacturing process, and creates microplastics that are showing up everywhere? What is Plastic Pollution	Learn: Discover 10 basic ways to reduce plastic pollution	Act: Change your plastic habit to reduce your plastic use.
Apr 20-21	Did you know that most folks are confused about what to put out for weekly recycling? Clarifying the confusion is necessary in the battle against plastic waste.	Learn: Howard County has a Know Before You Throw campaign designed to assist residents and businesses with sorting their waste properly.	Act: Make sure you recycle correctly so that all your items can be recycled.		

