Month	Did You Know Fact	Video	Challenge
July 2022 - Plastic	July 3 Did you know that 11% of household waste is plastic? July 11 Did you know nearly every piece of plastic ever made still exists because plastic takes so long to decompose? July 18 Did you know 73% of beach litter is plastic? July 25 Did you know that only 9% of all plastic produced is recycled?	The Story of Pl	How can you reduce plastic use in your home? <u>Plastic Free</u> <u>Ecochallenge July</u> 2022
Aug - Water Conservation	August 7 Did you know that on average, American families use more than 300 gallons of water a day? August 14 Did you know a water-efficient dishwasher uses as little as 4 gallons per cycle but hand washing dishes uses 20 gallons of water? August 21 Did you know that nearly half of American water	Learn More ► Water Conserv	Act the Water Footprint Calculator

	usage is in the bathroom? August 28 <b>Did you know</b> that washing your vehicle at home can use up to 148 gallons of water or more for one washing? Car washes use roughly 18 gallons per vehicle.		
September Energy Conservation	Energy Conservation September 4 Did You Know that LED light bulbs last over 25,000 hours? That's 3 years long! September 11 Did You Know that 75 percent of electricity used in homes powers electronics when they are off? Unplugging electronics saves on energy consumption. September 18 Did You Know that every time you open the refrigerator door about 30% of the cold air escapes? September 25 Did You Know that improving your energy efficiency saves lives by reducing the levels of pollutants in the air?.	Learn More ■ Energy Conser	Act <u>15 Energy Saving</u> <u>Strategies</u>
October	Farm to Table	Learn More	Act

Buy Local/Farm to Table	Produce October 2 <b>Did You Know</b> buying local produce means you don't consume preservatives? The food is fresher when grown closer to home. October 9	7 Reasons To …	Visit a farmer's market!
	<b>Did You Know</b> many local farmers use organic and natural pest repellents?		
	October 16 <b>Did You Know</b> that buying locally improves food safety with fewer people handling the produce?	Michael Pollan:	Join a <u>CSA</u> (Community Supported Agriculture)
	October 23 <b>Did You Know</b> that eating locally protects small farms and increases biodiversity? Farm families benefit too!	Why Buy Local?	Join a <u>CSA</u> (Community Supported Agriculture)
	October 30 <b>Did You Know</b> that buying locally means fewer fossil fuels are needed to transport the food?	https://www.cbf.org/d ocument-library/buy-f resh-buy-local/buy-fre sh-buy-local-chesape ake-guide.pdf	Join a <u>CSA</u> (Community Supported Agriculture)
November	Consumerism Nov 12/13 <b>Did You Know</b> although America makes up only 5% of the world's population, we create	Learn More: <u>Small</u> <u>Ways to Reduce</u> <u>Waste</u>	Act: November 15 is America Recycles Day. Recycle all that you can. Better yet, use less, reduce waste and reuse.

 <b></b>		
40% of the world's total waste.The average American creates 4.5 pounds of trash per day, over 1600 pounds per year. A serious recycler who recycles 75 % of their discards still creates over 1 pound of trash per day.	Howard County Guide to Reduce Your Trash: Know Before You Throw	
Nov 19/20 Did you know the average US family of four loses \$1500 per year to uneaten food as food waste? Americans waste an extra 5 million pounds of uneaten food each year from Thanksgiving to New Year's Day. That's enough to feed 500 people for an entire year.	Learn more Serve Smart to Reduce Food Waste Sirva inteligentemente para reducir el desperdicio de alimentos When we throw away food, we're wasting natural resources: all of the land, water, fertilizer, and fuel used to grow and transport the food. Food rotting in landfills emits methane, a potent greenhouse gas. When you keep food out of the landfill, you help the climate crisis. Learn More Read <u>To</u> <u>Spend</u> or Not To	Act Thanksgiving is an occasion to be thankful for our environment and the natural world. There is no better opportunity to practice environmental responsibility. Earth-friendly holiday tips: Plan your meal so you only buy the amount you need. Bring your own reusable shopping bag to the grocery store. Choose products that come in recyclable or less packaging. Use reusable dishes and cutlery, not disposables.

		<ul> <li>Serve tap water with your meal, not water in bottles.</li> <li>Serve small portions so food is eaten, not thrown away.</li> <li>Store, freeze, or give away left-overs in reusable containers. Avoid plastic wrap.</li> <li>Compost kitchen scraps at home or at the local composting facility_Don't let leftovers end up in the landfill.</li> </ul>
November 26/27 <b>Did You Know</b> Consumers who begin their holiday spending before the end of October end up spending \$1,761 on average - about 28% more than late shoppers? Black Friday produces a massive amount of pollution that continues to grow each year, with an estimated 80% of purchases being	Learn More Read <u>To</u> <u>Spend or Not To</u> <u>Spend</u> The Environmental <u>Costs of</u> <u>Consumerism</u>	Act Choose mindful giving this year. Check out these suggestions! <u>14 Eco Tips to Escape Excessive</u> Consumerism Choose one of the variations for your family!

	discarded shortly after purchase.		
December	December 3/4 <b>Did You Know</b> our Parish has created its own Alternative Christmas gift giving? You can give a charitable gift instead of heading to the mall! December 11 <b>Did You Know</b> a recent study found spending more money on a gift doesn't necessarily translate into greater appreciation? Give items that will be used, enjoyed and remembered for a long time.	Learn More The Gift Giving Formula	Act Choose one of the five charities in the Alternative Giving program to support. Share your gift with a family member or friend or in someone's honor after Mass this weekend! Act. Gifts of experience to enjoy and remember- a show or movie tickets, a gift certificate for the ice rink,rock-climbing, zoo, or a museum. Offer to go with the recipient!
	December 18 <b>Did You Know</b> that over 4 million pounds of wrapping paper enters the	Learn More Laminated or shiny wrapping paper is not recyclable. Here are some options: Eco-Friendly Gi	Gifts of service are unique and memorable. They use minimal natural resources. Your time, energy, and expertise are gift-worthy: music lessons, scheduled dog-walking, lawn care, a home-cooked meal, childcare, tutoring. Act There are many options to wrap a

	landfills each year? If Americans wrapped 3 presents in reused material it would save enough paper to cover 45,000 football fields.	Eco-Friendly Gi	present. Save money and get creative wrapping your gifts! <u>Wrapping Paper</u> <u>alternatives</u>
	December 25 <b>Did You Know</b> that 93% of people with real Christmas trees recycle them?	Learn More Sustainable Ways to Recycle Your Christmas Tree How to Recycle Christmas Trees Environmentally Friendly Christmas Tree Disposal	Act Keep your tree out of the landfill by participating in Howard County's tree recycling program. <u>Merry Mulch</u> <u>Christmas Tree</u> <u>Program</u>
January 2023	January 8 Did You Know an investigation of more than 2,000 cleaning supplies on the American market has found that many contain substances linked to serious health problems? However, cleaning product labels often do not give enough information about their ingredients to allow people to make informed decisions on which ones are safer.	Learn More <u>What is Green</u> <u>Cleaning?</u> 6 Tips for Choosing <u>Environmentally</u> <u>Friendly Cleaning</u> <u>Product</u>	Act Make a new year's resolution to replace some of your cleaning products with healthy and environmentally friendly ones!
	January 21/22 Did you know it is possible to have too much disinfectant? Many products with	Learn More ■ Consumer Rep…	Act Learn more about the EPA Safer Choice label and see if your

	quaternary ammonium compounds can pose serious health consequences. January 28/29 Did You Know that cleaning products can increase indoor air pollution? Volatile organic compounds (VOCs), are gasses that come from liquids such as aerosol sprays and liquid cleaners.	Learn More Cleaning Products Cause Indoor Pollution	cleaning products meet their standards. <u>https://ww</u> w.epa.gov/saferchoic e Act <u>8 Tips to Green</u> <u>Clean Your Routine -</u> <u>Biofriendly Planet  </u> For a Cooler Environment
February - Plant Based Diet	Feb 4 Did You Know meatless Mondays began as meatless Tuesdays during World War I to conserve rations for troops and led to 15% reduction in food consumption during the war?	Learn More <u>Meatless Monday:</u> <u>100 Years</u>	Act Choose one or more days each week to abstain from meat consumption during Lent.
	Feb 11/12 <b>Did You Know</b> that eating a more plant based diet is considered heart healthy and may reverse some of the leading causes of death, including heart disease, type 2 diabetes, and high blood pressure?	Learn More <u>6 Benefits of Not</u> Eating Meat (or at Least Less of It)	Act Try one or more of these meatless recipes <u>45 Easy Lent</u> <u>Recipes for the</u> <u>Lenten Season - 31</u> <u>Daily</u>

	Feb 18/19 <b>Did You Know</b> that a 7 ounce beef burger uses as much water as thirty 5 minute showers? Choosing a meat free diet could reduce greenhouse gas emission as much as 80%.	Learn More <u>8 Environmental</u> <u>Benefits Of Reducing</u> <u>Meat Consumption</u> (2022)	Act Vegetarian Diet for Beginners I EatingWell
	Feb 25/26 <b>Did You Know</b> that nearly 40 percent of greenhouse gasses come from agriculture, deforestation and other land-use changes?	Learn More Eating Less Red Meat Is Something Individuals Can Do to Help the Climate Crisis - Scientific American.	Act Consider making a permanent change in your meat consumption. It will be beneficial to your health and the planet.
March - Sustainable Clothing	March 4 & 5 <b>Did You Know</b> the fashion industry is the second largest consumer of the world's water supply?	Learn More Fashion's Cripp	Act Shop second hand first. Buy pre-owned clothing from thrift shops, consignment shops, vintage sources, and online resale shops. You'll be reducing impacts on the environment and waste from the overproduction of
	March 11/12 <b>Did You Know</b> that 85% of all textiles end up in landfills?	Learn More ■ The Dirty Truth …	new merchandise. <b>Act</b> Value what you buy. Buy clothes you know you will wear many times because they look

			good and fit well.
	March 18/19 <b>Did You Know</b> that natural fibers may take hundreds of years to break down in landfills?	Learn More How To Be More Eco-Friendly When Shopping for Clothes Well+Good	Act Choose ethical brands that care about the environment, pay their workers fairly, and are transparent across their entire supply chain – not just one part.
	March 25/26 <b>Did You Know</b> that only 15% of used clothing is recycled?	Learn More <u>10 Simple Steps To</u> <u>Being More</u> <u>Sustainable</u>	Act One person's trash is another's treasure. Donate unwanted clothing to thrift stores or local shelters instead of throwing them out.
April Pollinator Gardens	April 1 & 2 Did You Know why the WLIFC pollinator garden was left untouched all winter? Pollinators overwinter in the stems and fallen leaves.	Learn More: <u>Put Down Those</u> <u>Pruners: Pollinators</u> <u>Need Your 'Garden</u> <u>Garbage!'   Xerces</u> <u>Society</u> <u>Pollinator garden</u> <u>spring clean-up</u>	Act: Wait until the weather is warm to clean up your gardens. Compost the leaves and trimmings instead of bagging them to allow the pollinators to emerge.
	April 8/9 <b>Did You Know</b> Dandelions are the first food for bees emerging in the spring?	Learn More: Don't Spray the Dandelions in your Yard   They're there for a reason!	Act: Research the weed and feed you choose and consider less toxic options to control weeds in your yard <u>Should You Use</u> <u>Weed and Feed?</u> Weed and Feed 101
	April 15/16		

	<b>Did You Know</b> Native plants provide food and shelter for birds, bees, and butterflies?	Learn More: The Power of P Why Include Native Plants in Your Garden?	Act: 3 Easy Ways to
	April 22/23 Did You Know Native plants are adapted to the soil and water conditions of their region and generally require little fertilizer, pesticides, or supplemental watering to keep them looking great?	Learn More: <u>What is a Native</u> <u>Plant?</u>	Act: Identify which native plants are in your yard. Find new ones that you'd like to add. <u>Maryland Native</u> <u>Plant Society</u>
	April 29/30 <b>Did You Know</b> According to the U.S. Environmental Protection Agency, lawns and gardens in this country are sprayed with more than 90 million pounds of insecticides and herbicides a year. The mowers and edgers that maintain them emit nearly 27 million tons of air pollutants annually. And U.S. residents squander a whopping 9 billion gallons of water outdoors each day, primarily on landscape irrigation.	Learn More: Greening your Homeowner Association Lawn Alternatives The Great Healthy Yard Project (tghyp.com)	Act: <u>Converting Lawns</u> <u>Into Diverse</u> <u>Landscapes: Case</u> <u>Studies</u> HOMEGROWN NATIONAL PARK
May Spring is a time of renewal and growth, a time to marvel at new life in the natural world around us and	Did You Know much of the toilet paper that consumers use once and then just flush away comes from	Learn More Protecting This Fast Facts: Canada's Boreal Forest   The Pew Charitable	Act When you're buying toilet paper, make sure it's from 100% post-consumer recycled materials

to consider the impact of our actions on the environment.	clear-cutting virgin forests in Canada? Cutting down old growth forests for toilet paper is called the "forest-to-flush pipeline". Americans make up just over 4% of the world's population, yet account for more than 20% of global tissue consumption.	Trusts Toilet paper really is terrible for the planet. Here's what you can do about it	and isn't harming forests.
	Did You Know .in order to get the softest toilet paper, manufacturers cut down trees that are hundreds of years old in Canada's boreal forest , sacrificing climate to single-use tissue	Learn More: https://www.nrdc.org/ experts/ashley-jordan /2022-tissue-scorecar d-tps-future-lies-susta inability https://www.greenmat ters.com/health-and- wellness/best-eco-frie ndly-toilet-paper	Act: Consider making a change in your choice of toilet paper to stop contributing to loss of the boreal forest. Look for toilet paper that is made from 100% recycled paper or bamboo.
	<b>Did You Know</b> Pope Francis said, "There is a nobility in the duty to care for creation through little daily actions, and it is wonderful how education can bring about real changes in lifestyle."	Learn More: The National Resources Defense Council (NRDC) has just released its Issue With Tissue report for 2022, and while it does show some progress in regards to sustainable bathroom tissue, the findings also show that many major toilet paper companies are destroying Canada's boreal forests. Boreal forests are crucial to our planet, as they store <u>30% to 40% of</u> <u>land-based carbon</u> .	Act: Use your consumer dollars to support companies that use resources responsibly, companies that don't rely on virgin forest fiber. Use your voice to talk to family, friends, and neighbors to share why this is important to you and to the planet. Stop trading the Canadian boreal forest for toilet paper - Environmental Action

	Did You Know Globally every year, used paper towels create an unnecessary 254 million tons of landfill waste. Paper towels have many great uses, whether it's cleaning up the nasty spill, the pet accident, or using them to wipe down the counter. However, they're one-time-use, which makes them wasteful and unsustainable.	Learn More: https://shrinkthatfootp rint.com/sustainable- paper-towel/ https://brightly.eco/blo g/paper-towel-alterna tives	Act: Use fewer paper towels, or better yet, use cloth towels. Put the roll of paper towels out of sight, for emergencies, and put cloth towels within easy reach. Washing cloth towels is less harmful to the planet.
	Celebrate Memorial Day with a Zero or Lower Waste Picnic.	Learn More: <u>How to make your</u> <u>picnic basket</u> <u>eco-friendly  </u> <u>Magazine Articles  </u> <u>WWF</u> .	Act: Use these tips to cut your picnic trash! <u>Planning a Zero</u> <u>Waste Picnic</u>
June Environmental Report Cards	Dld You Know Did You Know PFA's,	Learn More <u>10</u> Learn More: <u>Popular</u>	Act Act:
	a class of toxic chemicals are added to clothing to provide water and grease resistant properties?	Brands Avoiding PFAs	Research clothing brands before buying new clothing
	Did You Know nearly 40% of all food produced in the US goes uneaten?	Learn More: <u>Supermarket Zero</u> <u>Waste Report Card</u>	Act: See if your grocery store makes the cut. If not, challenge them to make changes or change where you shop.
	Did You Know grocery stores release 25% of their refrigerant gasses?	Learn More: 2022 Supermarket Scorecard	Act: Encourage your local grocery store to eliminate open refrigerators and

	HFC, or hydrofluorocarbon, is a refrigerant gas and a major climate pollutant. Did You Know the properties that make pesticides toxic to insects and weeds can also make them toxic to other forms of life, including humans. More than 90 percent of Americans have detectable pesticides in their bodies.	Learn More: <u>Myths &amp;</u> <u>Facts About</u> <u>Pesticides</u>	commit to reducing leaks and eliminating HFC use. The steps are both cost effective and environmentally beneficial. Act:Keep pests out with natural pesticides. Natural Pest Control Remedies for Your Home <u>https://www.yourgree</u> nteam.com/blog/10-n atural-insect-repellent s-your-home
July Advocacy	July ½ <b>Did You Know</b> that you can combat climate change more effectively by joining a Catholic advocacy group? Individual actions are important, but working with people multiplies your impact.	Learn More: <u>Advocacy   We're all</u> <u>part of God's</u> <u>plan(et)</u>	Act: Sign up for newsletters from Encounter for Our Common Home, a U.S. Catholic advocacy campaign, to get action alerts, training, and connection to the Catholic climate community. Encounter for Our Common Home Campaign
	July 8/9 <b>Did You Know</b> that climate advocacy by individuals and small groups has the most impact at the state and local level? National policy is important,	Learn More: Find out who your state and county representatives are at <u>FindingRenewables</u> <u>- Energy System -</u> <u>IEA Y</u> Act: <u>How can</u>	Act: Using the link above, phone or email your state and county representatives with your local environmental

	too, but at the community level, you are a bigger fish in a smaller pond. So swim!	<u>you help our ocean?</u> our Elected Officials.	concerns.
August - Good news on environmental topics	Renewable Energy Use is predicted to be the world's top energy sources by 2025 Coral Reefs survival chances are stronger as they adapt to rising water temperatures.	Learn More:	Act: Contribute to the movement and reduce your reliance on non-renewable energy sources.
	Baby seal populations are increasing around the world due to cleaner water conditions. The ozone layer is	Learn More: The return of S Scientists say r	
	beginning to heal. Forests are recovering with help. 900,000 trees were planted in Mexico to support the monarch butterflies. In India, 1.5 million fruit trees were planted and Brazil has promised to work for zero deforestation in the Amazon.	Learn More:: India's Forest C Importance Of The Importanc	Act: Plant a tree
September 2023	Sept 2 & 3		

Concern of Oreation	Did Vou Know the		A et lleve 4 minute
Season of Creation A Mighty River	Did You Know the 2023 Season of	Learn	Act: <u>Have 1 minute</u> for creation? Here's
	Creation is called "Let	What is Season of	what can you do -
	Justice and Peace	Creation?	Laudato Si'
	Flow" and "A Mighty		<u>Movement</u>
	River" and begins		
	September 1?	Learn: The Season of	
		Creation is a time	
		when we come	
		together in prayer	
		and action for	
		creation. We remember that we	
		must listen to the	
		voice of creation and	
		to the voices of the	
		silent majority who	
		have been most impacted by climate	
		change. These	
		people are the most	
		vulnerable in our	
		world. Today we remember that we	
		are all responsible for	Act: 'Living our
		ensuring climate	vocation to be
		justice.	protectors of God's
			handiwork is
			essential to a life of virtue; it is not an
			optional or secondary
			aspect of our
		Learn:	Christian experience.'
		What is Climat	Laudato Si', 217
	September 9/10		<u>10 Ways You Can</u>
	Did you Know -		Make a Difference
	Laudato Si calls us to		Catholic Climate
	join the river of justice		<u>Covenant</u>
	and peace ● To act for		
	<ul> <li>To act for climate and</li> </ul>		
	ecological		Act:
	justice	Learn: Mapping	https://www.usccb.or
	To speak out	Solutions to Fighting	g/issues-and-action/h uman-life-and-dignity/
	with and for	Environmental	environment/environ
	the most impacted	Injustice: building awareness for	mental-justice-progra
	communities	marginalized	m/upload/EJ-Map-20
		marginaneou	

			1
		<u>communities -</u> Sustainable Earth	<u>13-2016.pdf</u>
	September 16/17 Do You Know what Environmental and Climate Justice is?		Act: Let us add to the flow of this mighty river by transforming our <i>lifestyles</i> . Choose an area to make changes in your lifestyle and reduce your environmental footprint for the benefit of others.
	September 23/24 Did You Know environmental injustice impacts humans in many ways? Air and water quality, sea level rise, and a lack of food access are all affected.		
Oct 2023 Food Waste	Sept 30/Oct 1		
	<b>Did you know</b> food waste in America is now estimated to be 30-40% of its entire food supply.	Learn: Food Waste: <u>The Hidden Cost of</u> <u>the Food We Throw</u> <u>Out I ClimateScience</u> <u>#9</u>	Act: OzHarvest – Food Waste Explained.
	Oct 7-8		
	<b>Did you know</b> when food is wasted, the land, water, energy, and other inputs that are used in producing, processing, transporting, preparing, storing, and disposing the food are wasted.	Learn: Food Waste ca	Act: Make meal planning a priority before shopping to avoid impulse purchases and overbuying.

			· · · · · · · · · · · · · · · · · · ·
	Oct 14/15 <b>Did you know</b> disposed food in landfills emits methane, a greenhouse gas, equivalent to the one generated by 37 million cars or more than 42 coal-fired power plants?	Learn: 5 tips to reduce	Act: Save money by buying only what you need, eating what you buy, and avoiding throwing away food.
	Oct 21/22 <b>Did you know</b> the average American family-of-four wastes \$1,500 of food yearly.	Learn: USDA Tips to R	Act: <u>Recipes - Save</u> <u>The Food</u>
	Oct 28/29 <b>Did You Know</b> More than 80% of Americans throw away food because they misunderstand expiration labels.	Learn More: Food Product Dating   Food Safety and Inspection Service	<section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header>
November 2023	Nov 4 - 5 <b>Did you know</b> food waste is one of the leading sources of methane gas, contributing heavily to global warming?	Learn: <u>Feeding the</u> <u>World by Reducing</u> <u>Food Waste   Elena</u> <u>Matsui  </u> <u>TEDxGrandForks</u>	Act: Reducing wasted food is an easy way to trim your grocery bills and reduce your environmental

November 11-12		footprint. It only requires small shifts in how you shop, prepare, store and serve food.
Did you know that 85% of food waste happens with consumers? Each of us can help solve this problem.	Act: Stop Food Waste	<ul> <li>Act: 10 Ways to Reduce Thanksgiving Food Waste</li> <li>1. Take stock before you shop</li> <li>2. Plan your meals</li> <li>3. Avoid buying in bulk (or portion if you do)</li> <li>4. Estimate your guests and their consumption</li> <li>5. Know how long the food lasts - fresh or frozen</li> <li>6. What can guests bring?</li> <li>7. Get creative with leftovers</li> </ul>
		8. Use smaller plates
November 18/19		9. Have containers ready for leftovers
<b>Did you know</b> food waste is a problem year round but Thanksgiving is the biggest food waste holiday?	<b>Learn</b> how to plan a Thanksgiving meal with less waste.	10. Compost scraps Act: Holiday Servings Calculator   Whole Foods Market

	November 25/26 <b>Did you know</b> in 2021 about 305 million pounds of food were wasted just on Thanksgiving Day?	Learn new recipes that use Thanksgiving leftovers in creative ways. <u>Recipes - Save</u> <u>The Food</u>	Act: Use your leftovers instead of throwing food out. This simple act will prevent huge amounts of greenhouse gasses at the landfill.
December 2023	Enjoy the magic and wonder of Christmas while considering more environmentally friendly options. Dec 2 & 3 Did You Know Dec 9/10 Did You Know Dec 16/17 Did You Know Dec 23/24 Did You Know		
	Dec 30/31 <b>Did You Know</b>		