

CARBON FAST

<https://climatecaretakers.org/>

WEEK 1 (FEB 17-20): MEDIA FAST

The first week of Lent is a short one (just Wednesday through Saturday), and we're starting with one of the toughest challenges. Our lives focus far too much on being entertained and far too little on being present with others (and even ourselves). This week, consider fasting from (or even just reducing!) entertainment and social media consumption.

Instead of indulging in media, try:

- Meeting a friend for a socially-distanced walk
- Reading a book
- Practicing meditation and prayer

WEEK 2 (FEB 22-27): IGNORANCE FAST

Lack of knowledge is one of the primary barriers preventing us from talking about climate change more often. This week, learn about how climate change works, the ways environmental injustice hurts our communities, and even climate success stories of hope to become a better climate caretaker. Instead of ignorance, make this week a special focus of learning more about the world around us. Try:

- Watching a documentary, like "[Chasing Coral](#)"
- Reading a book, such as "[Climate Justice](#)"
- Listening to a podcast, like [Climate Connections](#) by the Yale Center for Climate Communication
- Exploring a local park
- Finding an online Earth Day (April 22) celebration and make plans to attend

Visit our [Resources](#) page for some book and movie recommendations.

WEEK 3(MARCH 1-6): SILENCE FAST

One of the best ways to help with the climate crisis is to talk about it. For most of us that requires getting outside our comfort zone. This week, we invite you to fast from your silence by talking about climate change with your peers, friends, family, or leaders.

Instead of staying silent, try:

- Telling someone about a podcast, book, or documentary that addresses climate change
- Bringing up your concern about the climate with your parents
- Calling your political representatives (if you live in the [U.S.](#) or [Canada](#))
- Hosting a climate conversation dinner with roommates

WEEK 4: MEAT FAST (MARCH 8-13)

Plant-based diets are not only healthier and cheaper, but they're much better for the planet, requiring a tiny fraction of the water and energy needed to produce beef, dairy, pork, and chicken. Did you know the livestock industry accounts for 15% of all global greenhouse gas emissions? This week we're going vegetarian!

Instead of meat, test out a vegetarian diet. Need some ideas? Try:

- Hummus and veggies sandwich instead of ham and cheese for lunch

- [Spiced almonds](#) instead of beef jerky for a snack

- Bean and lentils in the place of ground beef in chili for dinner

For recommended recipes try out [Cookie & Kate](#), [Forks Over Knives](#), or [Budget Bytes](#).

WEEK 5: PLASTICS FAST (MARCH 15-20)

We all know plastic pollution is bad, but we might not know that plastics are created by refining fossil fuels. This week, we are opening our eyes to the ubiquity of plastic in our everyday lives, and taking steps to fast from single-use plastics that harm creation and perpetuate a throw-away culture.

Instead of enjoying the convenience of throw-away plastics, try:

- Taking reusable shopping bags to the grocery store or co-op. (Check local Covid regulations first.)

- Using beeswax wraps in place of cling film/plastic wrap

- Buying in bulk to avoid excess packaging

- Avoiding heavily packaged single-serving meals, and make it from scratch instead

WEEK 6: ELECTRICITY FAST (MARCH 22-27)

For those of us with sufficient income to pay the bills, it is quite easy to take electricity for granted. This week, reduce your electricity use as much as possible. Do your best to do without, and prepare to be amazed at how much of our lives are impacted by electricity.

Instead of using electricity, try:

- Playing cards or a board game instead of video games

- Making cookies by hand instead of using an electric mixer

- Drying your clothes on a line

- Participate in [World Earth Hour](#) by turning off all non-essential lights on the 27th from 8:30-9:30 pm

Ready to make a more permanent change? Sign up for renewable electricity from [Arcadia Power](#), which will save you money AND provide clean electricity.

WEEK 7: SPENDING FAST

(MARCH 29-APRIL 3)

Consumerism is a carbon-intensive and unsustainable habit that our society often celebrates. Of course, some expenses (groceries, gas, bills, etc.) are unavoidable, but this week we're fasting from all extra spending. So skip the usual trips to the coffee shop, buying new clothes, delivery/takeout, the latest new tech, and anything else that's not necessary.

Instead of spending money on yourself, try:

- Making a note of what you wanted to purchase and its price - think on it for a few days to consider whether it is really necessary to buy.

- Donating whatever you would have spent this week to an organization that works to protect God's creation.