

Lent Eco Challenge

How many of these can you do between Ash Wednesday and Easter Sunday?

1. Make something out of something else
2. Shop locally – use a shop on Northfield High Street you wouldn't normally use.
3. Pick up some litter (maybe buy a litter picker!)
4. Go through your cupboards/freezer and dig out some foods which need to be used up and make a meal out of them (or if still in date donate to the food bank)
5. Spot some unnecessary packaging and draw it to the attention of the producers
6. Start to use a Fair Trade product you don't normally use (or visit the Fair Trade Shop at Carrs Lane Church opposite Moor St Station. Open 10.30am – 2.30pm Tues – Sat)
7. Darn some socks or mend some tights or mend.....
8. Walk or cycle to somewhere you would normally drive to
9. Go for a ride on the bus or the train
10. Take a walk in the countryside or the park
11. Go vegetarian (or even vegan) for one day a week or three days in succession
12. Buy some organic veg or fruit
13. Start to grow some veg or fruit (ask Canon Janet for some seeds or fruit bush cutting)
14. Put up a bird-box (check RSPB guidance about where to put it)

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15. Put a 'hippo' in your toilet cistern (if you've not got a low flush
16. Go bird-watching: jays and nuthatches have been spotted near the church recently
17. Check your electricity consumption and think how you could reduce it
18. Calculate your carbon footprint
www.carbonfootprint.com (offer to do this for the church or pastoral centre)
19. Buy something for the food bank and leave in church or at the Northfield Community Partnership Office
20. Buy a reusable coffee cup and bring it with you to church for your after-church coffee
21. Birmingham has very soft water. Check whether you could use less detergent in washing machine or dish washer
22. Visit Northfield Eco-Centre behind Oulson's Estate Agents, 53 Church Road. Tel 0121 448 0119. It runs lots of activities for children in the school holidays
23. Have a clear-out and donate to a charity shop or our next car-boot sale on 3rd March
24. Use a 'white elephant' – something you have bought or been given and never or hardly ever used.

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