



# 52 WAYS TO CARE FOR CREATION JANUARY EDITION

## WEEK 1: EAT THOSE LEFTOVERS!

After the holiday season you will likely have leftovers from Christmas dinner, parties, and family get-togethers. A great way to be a steward to the Earth is to consume your food. Did you know that Americans throw away 25% of the food they buy? Not only is this a waste of money but it is also harmful to the environment. Producing food takes land, water, and heavy machinery. By eating your leftovers you are not only saving money but also preventing energy waste from food production. Not to mention you are keeping them from taking up space in a landfill.

## WEEK 2: RESEARCH HOW YOUR COMMUNITY REGULATES WASTE

Each city or town has their own trash, recycling, and compost system. What is the system where you live? Regulations change frequently so take some time today to update yourself. Here are some questions for you to find the answers:

1. Does my town/city have recycling curbside pick up or do I take it to the recycling center?
2. What can I throw in the recycling bin? Do I throw plastics, paper, glass, and aluminum together or do I separate them?
3. Does my city/town have a curbside composting program?
4. Can I compost in my own backyard?

## WEEK 3: WASH YOUR LAUNDRY IN COLD WATER

Use cold water when washing clothes to reduce energy use. Energy is needed to heat water. You can also opt for a shorter wash cycle.

## WEEK 4: DO YOUR DISHES LESS OFTEN

Instead of after every meal, consider only running the dishwasher when you have a full load or sink. This reduces your water use and saves you money on your water bill.

## WEEK 5: CUT YOUR SHOWER BY 5 MINUTES

Cut five minutes off your shower to save water. According to a study done by Harvard the average American shower uses 2.5 gallons per minute. You will save 12.5 gallons of water if you shorten by just 5 minutes. Or, consider turning the water off while you lather up and only turn it on to rinse.

Share with us on social media your #CareForCreation tips and tricks and how you've used our January list!



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