

40:40:40 for Earth Day



Week 1

Sunday, April 18	Monday, April 19	Tuesday, April 20	Wednesday, April 21
<p>Official Launch of the UUCGB 40:40:40!</p> <p>What are you pledging to do for 40 days to celebrate Earth Day? Make sure you fill out your pledge form so we can submit to the UUA that we have our 40+ pledges!</p>	<p>Share Your Pledge!</p> <p>Tell someone about the 40:40:40 program and your pledge. Sharing your goals with others not only inspires them, but also helps you stick with it!</p>	<p>Cleaning Green!</p> <p>There are tons of new "Green Cleaners" in stores these days - they're better for your family AND the environment. Whenever you run out of something this month, try to replace it with a GREEN alternative!</p>	<p>Cool it!</p> <p>Wash clothes in cold water whenever possible. As much as 85 percent of the energy used to machine-wash clothes goes to heating the water.</p>
Thursday, April 22	Friday, April 23	Saturday, April 24	
<p>Seasonal & Local!</p> <p>Eating foods that are grown locally means eating vegetables that are in season. Do you know what foods are in season in CT right now? Check out the "CT Grown" link at cityseed.com and see how many seasonal veggies you can try this month!</p>	<p>Ansonia Nature Center 7 pm at the Redwing Pond House</p> <p>Two Angry Moms. It's a movie! It's a movement! See moms Susan and Amy in action, advocating for better food in schools. Join Connecticut NOFA for this eye-opening documentary and the following panel discussion.</p>	<p>UUCGB Cleanup Day!</p> <p>Join us from 8:00 am to 12:00 pm with your rakes, hoes and dirt shovels. Landscaping materials needed will be delivered to the site for this event. If you plan to attend, PLEASE email the ministry team at ministryteam@uucgb.org. Light refreshments will be provided.</p>	

Week 2

Sunday, April 25	Monday, April 26	Tuesday, April 27	Wednesday, April 28
<p>Use Less Gas!</p> <p>Make a list of all your errands for the week and see if you can reduce the amount of gas you use by combining as many as possible into one trip!</p>	<p>Food Fight!</p> <p>HR 875, also known as the Food Safety Modernization Act of 2009 is a government controlled one-size-fits-all provision could put many small farms out of business. Educate yourself and then call your congressmen at 202-224-3121</p>	<p>Green Moms!</p> <p>Mothers who understand the benefits of green living to the health and welfare of their offspring now and in the future can enjoy easy access to helpful & practical information: http://greenmoms.com/</p>	<p>Movie Night! "No Impact Man" 7pm at UUCGB</p> <p>A NYC family goes very green when writer leads his wife & their baby daughter on a yearlong crusade to make no net impact on the environment.</p>
Thursday, April 29	Friday, April 30	Saturday, May 1	
<p>Recipe Swap!</p> <p>Submit your recipes using fresh & healthy ingredients to nyterayn@gmail.com At the end of the 40 days she will make available a pdf with all the recipes shared in it.</p>	<p>Pequot Museum Event</p> <p>Gifts of the Land: Spring Thanksgiving Celebration. Through games, storytelling, and other activities, visitors explore ways to make healthy food choices. For details visit: www.pequotmuseum.org</p>	<p>Cooking Class!</p> <p>UUCGB member Micheala Lewis shares her healthy cooking skills with us through a fantastic vegetarian cooking class! Beginners welcome, please email Micheala to sign up (space limited!) at mikkilr1122@yahoo.com</p>	

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Week 3

Sunday, May 2	Monday, May 3	Tuesday, May 4	Wednesday, May 5
<p>Reduce Waste!</p> <p>Whenever you make a purchase this week - compare brands & products based on amount & type of packaging - how much can you avoid throwing away just by making good decisions?</p>	<p>Movie Night!</p> <p>"Food Inc"</p> <p>7pm at UUCGB</p> <p>How much do we really know about the food we buy at our local supermarkes and serve to our families?</p>	<p>Craigslist & Freecycle</p> <p>Before buying anything new or throwing anything away, first check your local Craigslist or Freecycle. People trying to reduce waste or make a little money are always selling (or giving away!) many items in your area!</p>	<p>Eat Locally</p> <p>Farmers who sell to local consumers need not worry about packing, shipping and shelf life and can select, grow and harvest crops to ensure peak qualities of freshness, nutrition and taste. How many items in your house were grown in CT?</p>
Thursday, May 6	Friday, May 7	Saturday, May 8	
<p>A Moment to Think</p> <p>Sometimes improving the way you eat is simply a matter of thinking BEFORE you eat. Today, before each meal or snack, take a moment to consider where your food came from. What did it used to look like? Where has it been?</p>	<p>Conserve Water!</p> <p>Set up containers outside to collect rainwater, and use it to water your houseplants and garden!</p>	<p>Farmer's Market</p> <p>Purchase amazing, fresh & delicious local food in New Haven every Saturday starting in May!</p> <p>10AM - 1PM Location: Russo Park, corner of Chapel Street and DePalma Court</p>	

Week 4

Sunday, May 9	Monday, May 10	Tuesday, May 11	Wednesday, May 12
<p>Can you go the whole week without fast food?</p> <p>Take your time, slow down and make meals matter!</p>	<p>Avoid the Junk!</p> <p>Junk mail not only clogs our mailboxes but it consumes valuable natural resources and contributes to polution and landfill loads. Step-by-Step instructions on banishing this unhealthy junk at: ecofuture.org</p>	<p>Reduce Waste</p> <p>Everytime you throw something away today consider whether you could have avoided doing so. Did you need to use it? Could it be recycled? Tomorrow, try to cut your garbage in half by thinking BEFORE you use something.</p>	<p>Reduce Waste</p> <p>Use what you learned yesterday to reduce the amount of trash you produce today.</p> <p>How did you do? Multiply that by a YEAR and think about what a difference you could make!!</p>
Thursday, May 13	Friday, May 14	Saturday, May 15	
<p>Fellowship Dinner at Bloodroot!</p> <p>7pm at 85 Ferris Street, Bridgeport A feminist restaurant & bookstore with a seasonal vegetarian menu. www.bloodroot.com Please RSVP to Jamie at mouseion@yahoo.com if you plan to attend!</p>	<p>Unplug Them!</p> <p>Many appliances continue to draw power when they are switched off. In the average home, 75% of the electricity used to power home electronics and appliances is consumed while the products are turned off.</p>	<p>Electronics Recycling!</p> <p>9am-1pm at UUCGB</p> <p>Purge your place of unwanted computers, VCRs, stereos, printers and more at the UUCGB Electronics Recycling Day!</p>	

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Week 5

Sunday, May 16	Monday, May 17	Tuesday, May 18	Wednesday, May 19
<p>Water Bottles</p> <p>Americans buy an estimated 29.8 billion plastic water bottles every year. Nearly eight out of every 10 bottles will end up in a landfill. Can you go an entire week without using a single disposable water bottle? Purchase a reusable bottle and save \$\$ in the long run!</p>	<p>Seed Swap Event!</p> <p>2pm-5pm at UUCGB</p> <p>Spring is here and its time to get those seedlings sprouting! Help build community & support the earth by sharing & swapping your seeds with us! Bring your own planting tray - potting soil will be provided!</p>	<p>Save Hot Water!</p> <p>Start a 5-minute shower competition in your house - can you do it without going over?!</p>	<p>Movie Night!</p> <p>"King Corn"</p> <p>7pm at UUCGB</p> <p>A documentary about two friends, one acre of corn, and the subsidized crop that drives our fast-food nation.</p>
Thursday, May 20	Friday, May 21	Saturday, May 22	
<p>Recipe Swap Reminder</p> <p>Don't forget to submit your recipes using fresh & healthy ingredients to Jessica at nyterayn@gmail.com At the end of the 40 days she will make available a pdf with all the recipes shared in it.</p>	<p>Processed Foods</p> <p>Processed foods take their toll on you AND the environment. Take a look at the list of ingredients on each food you eat today - do you know what each thing is? If you don't, are you sure you should be eating it?</p>	<p>Breadmaking!</p> <p>2pm-5pm at UUCGB</p> <p>Come and learn how to make your own delicious homemade bread!</p>	

Week 6

Sunday, May 23	Monday, May 24	Tuesday, May 25	Wednesday, May 26
<p>Family Craft Project!</p> <p>Make rags out of old towels and t-shirts, and forego buying paper towels.</p>	<p>Switch & Save!</p> <p>Compact Fluorescent Light bulbs (CFLs) use 66% less energy than a standard incandescent bulb and last up to 10 times longer. Replacing a 100-watt incandescent bulb with a 32-watt CFL can save \$30 in energy costs over the life of the bulb.</p>	<p>Composting Event!</p> <p>4pm at UUCGB</p> <p>A live demonstration on how to compost, and how to build your own simple home composter! Hosts Colin and Elizabeth construct a compost bin on site for UUCGB.</p>	<p>Share Your Story!</p> <p>You're almost done! How has your 40 day pledge gone? Has it been difficult? What have you learned? Do you feel better? Are you happy with what you've accomplished? Send an email to nyterayn@gmail.com and share your experience!</p>
Thursday, May 27	<p>YOU DID IT!!!</p> <p>If you managed to accomplish even SOME of the activities this month, then you made a difference for the earth, and yourself!</p>		