

A botanical illustration featuring a variety of green leaves and branches. The leaves are in different shades of green, from light to dark, and are arranged in a central cluster. The background is a textured, brown paper-like surface with faint, light-colored circular patterns and branch outlines. The year '2021' is prominently displayed in the center in a white, bold, sans-serif font.

2021



The production of 1 calorie of animal protein requires more than ten times the fossil fuel input as 1 calorie of plant protein.

**TASK:** Incorporate a meatless meal once or twice a week. If you're already a vegetarian, way to go, you!



(Fact from: [www.onegreenplanet.org](http://www.onegreenplanet.org))

SUN

MON

TUES

WED

THU

FRI

SAT

						1	2
						<b>New Year's Day</b>	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							



**“The greatest threat to our planet is the belief that someone else will save it.”**

**TASK:** If you haven't already, set yourself up for easy recycling at home and at the office by making recycling bins readily available.

SUN	MON	TUES	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Valentine's Day	22	23	24	25	26	27
28	<hr/> <hr/> <hr/> <hr/>					



**Over 1 TRILLION plastic bags are used every year worldwide.**

**TASK:** Make sure you have reusable bags in your car, at home and a few in your work and/or gym bags so you can avoid resorting to plastic.



(Fact from: [www.ecobags.com](http://www.ecobags.com))

SUN	MON	TUES	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Daylight Saving Time Begins			St. Patrick's Day			First Day of Spring
21	22	23	24	25	26	27
28	29	30	31	<hr/> <hr/> <hr/> <hr/>		

*March*



Recycling one aluminum could save enough energy to run a 60-watt bulb for 20 hours.

**TASK:** It's Earth month! Put on some gloves, grab a bag and volunteer a bit of your time collecting cans and other litter in your community.

(Fact from: <http://archive.epa.gov>)

SUN

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FRI

SAT

					1	2	3
						Good Friday	
4	5	6	7	8	9	10	
Easter Sunday							
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
				Earth Day			
25	26	27	28	29	30		



Recycled paper requires about 60% of the energy used to make paper from virgin wood pulp.

**TASK:** Make sure your home and office printers use recycled papers.



(Fact from: <http://archive.epa.gov>)

SUN

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TUES

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							1
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
Mother's Day							
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
	Victoria Day (CAN)						
30	31						
	Memorial Day (US)						



A tree can absorb up to 48 lbs of CO<sub>2</sub> per year and produce enough oxygen for 2 people.

**TASK:** Plant a tree this month.

(Fact from: [www.americanforests.org](http://www.americanforests.org))

SUN	MON	TUES	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

First Day of Summer  
Father's Day

June



*"Look deep into nature, and you will understand everything better." - Einstein*

**TASK:** Take a couple of long walks in a local park or a wooded area to connect with nature and truly absorb its magic.



SUN

MON

TUES

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					1	2	3
					<b>Canada Day</b>		
4	5	6	7	8	9	10	
<b>Independence Day</b>							
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	





The average meal travels about 1500 miles to get from farm to plate, making it a large contributor to greenhouse gas emissions.

**TASK:** Buy in-season produce from local farmers markets.

(Fact from: <http://www.cuesa.org>)

SUN	MON	TUES	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<hr/> <hr/> <hr/> <hr/>			



**A plastic bottle can take up to 700 years to decompose.**

**TASK:** Buy yourself a couple of stylish reusable bottles that you'll want to carry every day to avoid purchasing plastic.



(Fact from: [www.bizenergy.ca](http://www.bizenergy.ca))

SUN

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TUES

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SAT

			1	2	3	4
5	6	7	8	9	10	11
	Labour Day					
12	13	14	15	16	17	18
19	20	21	22	23	24	25
			First Day of Autumn			
26	27	28	29	30		

September



*"We don't inherit this world from our ancestors, we borrow it from our children."*

**TASK:** Teach a child in your life about sustainability with a fun eco-activity.



SUN

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**Thanksgiving Day (CAN)**  
**Columbus Day (US)**

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Halloween

October

**Fashion is the third most polluting industry in the world, after oil and agriculture.**

**TASK:** This month, donate some lightly worn clothes that you haven't worn in a while, so they can have a second life.

(Fact from: [www.huffingtonpost.com](http://www.huffingtonpost.com))

SUN	MON	TUES	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
Daylight Saving Time Ends				Remembrance Day (CAN) Veteran's Day (US)		
14	15	16	17	18	19	20
21	22	23	24	25	26	27
			Thanksgiving Day (US)			
28	29	30	<hr/> <hr/> <hr/> <hr/>			
Hanukkah Begins						

November



2.65 billion holiday cards are sold each year in the U.S. alone, and household waste increases by 25% around the holidays.

**TASK:** Send eco-friendly holiday cards, or email your greeting and choose other waste-reducing products for holiday celebrations.

(Fact from: <http://www.sustainableamerica.org>)

SUN	MON	TUES	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Hanukkah Ends

First Day of Winter

Christmas Eve

Christmas Day

Boxing Day (CAN)

New Year's Eve

December