



2022



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)

SUN

MON

TUES

WED

THU

FRI

SAT

							1
							New Year's Day
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/>					



“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)



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
Daylight Saving Time Begins				St. Patrick's Day		First Day of Spring
20	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

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	
Easter Sunday					Good Friday		
24	25	26	27	28	29	30	
					Earth Day		

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



A tree can absorb up to 48 lbs of CO₂ per year and produce enough oxygen for 2 people.

TASK: Plant a tree this month.



(Fact from: 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
Father's Day		First Day of Summer				
26	27	28	29	30		

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	WED	THU	FRI	SAT
					1	2
					Canada Day	
3	4	5	6	7	8	9
	Independence Day					
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/>					



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)

SUN	MON	TUES	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
	Labour Day					
11	12	13	14	15	16	17
18	19	20	21	22	23	24
			First Day of Autumn			
25	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

MON

TUES

WED

THU

FRI

SAT

							1
2	3	4	5	6	7	8	
9	10 Thanksgiving Day (CAN) Columbus Day (US)	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31 Halloween	<hr/> <hr/> <hr/>					

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)

SUN	MON	TUES	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
Daylight Saving Time Ends					Remembrance Day (CAN) Veteran's Day (US)	
13	14	15	16	17	18	19
20	21	22	23	24	25	26
				Thanksgiving Day (US)		
27	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
			First Day of Winter			Christmas Eve
25	26	27	28	29	30	31
Christmas Day	Hanukkah Ends Boxing Day (CAN)				New Year's Eve	

December