

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, overlapping cluster. The background is a textured, brown paper-like surface with faint, light-colored circular patterns and some small, light-colored dots. The overall style is clean and modern.

2023



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

TUE

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1	2	3	4	5	6	7
New Year's Day						
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	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
		Valentine's Day				
19	20	21	22	23	24	25
26	27	28	<hr/> <hr/> <hr/> <hr/>			

February



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	TUE	WED	THU	FRI	SAT
_____			1	2	3	4

5	6	7	8	9	10	11
12	13	14	15	16	17	18
Daylight Saving Time Begins					St. Patrick's Day	
19	20	21	22	23	24	25
	First Day of Spring					
26	27	28	29	30	31	

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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9	10	11	12	13	14	15	
Easter Sunday					Good Friday		
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	Earth Day
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	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
Mother's Day	22	23	24	25	26	27
	Victoria Day (CAN)					
28	29	30	31	<hr/> <hr/> <hr/>		
	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	TUE	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
Father's Day			First Day of Summer			
25	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

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							Canada Day
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		Independence Day					
9	11	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>)

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August



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

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

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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)



SUN

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19	20	21	22	23	24	25
27	28	29	30			

Remembrance Day (CAN)
Veteran's Day (US)

Daylight Saving Time Ends

Thanksgiving Day (US)

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

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Hanukkah Begins

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Hanukkah Ends

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First Day of Winter

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Christmas Eve

Christmas Day

Boxing Day (CAN)

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New Year's Eve