



2019



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/> <hr/>	



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January



“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		

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



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March



Recycling one aluminum can 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	24	25	Good Friday	27
Easter Sunday	Earth Day					
28	29	30	<hr/> <hr/> <hr/> <hr/>			



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April

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
Mother's Day	20	21	22	23	24	25
	Victoria Day (CAN)					
26	27	28	29	30	31	
	Memorial Day (US)					



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May



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
Father's Day					First Day of Summer	
23	24	25	26	27	28	29
30	<hr/> <hr/> <hr/>					



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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 <i>Canada Day</i>	2	3	4 <i>Independence Day</i>	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/>		



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July



The average meal travels about 1500 miles to get from farm to plate, making it a big 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



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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 everyday to avoid purchasing plastic.



(Fact from: www.bizenergy.ca)

SUN	MON	TUES	WED	THU	FRI	SAT
1	2 Labour Day	3	4	5	6	7
8	9	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	<hr/> <hr/> <hr/> <hr/>				



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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	11	12
13	14 Thanksgiving Day (CAN) Columbus Day (US)	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Halloween	<hr/> <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
Daylight Saving Time Ends						
10	Remembrance Day (CAN) Veteran's Day (US)	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
				Thanksgiving Day (US)		

November



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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 First Day of Winter
Hanukkah Begins		Christmas Eve	Christmas Day	Boxing Day (CAN)		
29	30	31 New Year's Eve	<hr/> <hr/> <hr/> <hr/>			



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December