



The Green Challenge – 30 Days, 5 Actions, 1 Challenge!

The Green Challenge will challenge you to take action to reduce greenhouse gas emissions. The five actions included are using reusable shopping bags, taking shorter showers, unplugging electronics devices, eliminating vehicle idling and eating more vegetables. These will help make the world better and is an activity that everyone can take part in!

Environment Lethbridge – Who We Are, What We Do.

Environment Lethbridge was established in 2012 to build relationships between business, government, local organizations and community members in order to improve and promote sustainability. Our mission is to inspire and equip people to create widespread community action and engagement towards sustainability.

The Challenge Actions – What They Are & Why They Rock!

The 5 Actions of the challenge focus on resource-use reduction and changing our habits to become more environmentally sustainable as a community! If each of us make these small changes to our habits, our community benefits!

1. **Go Meatless for 1 Day Each Week:** By reducing the amount of meat we consume we reduce our environmental impact substantially! Meat production and consumption is one of the leading generators of greenhouse gases. It is responsible for 18% of the planet's greenhouse gases, such as methane and nitrous oxide. Going meatless one day each week will reduce greenhouse gases and you can discover new recipes and cooking methods!
2. **Reduce Your Shower Time:** In North America, the average shower head uses 9 litres of water per minute and the average shower lasts 8 minutes. This means that the average shower in Canada uses 72 litres of water! For the Green Challenge, we suggest that people take 5 minute long showers to help reduce water consumption!
3. **Bring Your Own Bag:** 2.86 billion plastic bags are consumed by Canadians each year. Most of these will end up in the landfill where it can take between 15 and 1000 years to decompose. During the Green Challenge, we challenge you to take your reusable shopping bags with you on your shopping trips. We will work with you to store your bags properly so that you remember to take them on all of your shopping trips!
4. **Don't idle your vehicle:** Most vehicles do not require idling to warm up, and idling your car for longer than 10 seconds is less fuel efficient than shutting it off and turning it back on! It also creates harmful air pollutants, such as carbon dioxide and nitrogen oxide, both of which can have negative impacts on human health. Rather than idling we suggest that you dress appropriately for the weather, clear snow and scrap ice off of your vehicle. Alternatively, you can park your vehicle in a garage if you have access to one.
5. **Unplug electronics:** Electronics like televisions, gaming systems, and wall chargers for cell phones constantly draw power even when not in use. By installing a smart power bar or completely unplugging electronics you can save energy! Eliminate your electrical waste and save money on your energy bill!