

# Season of Creation – Call to ACTION NOW



“Rich and poor have this in common:  
The Lord is the Maker of them all.” (Proverbs 22:2)

**Carbon dioxide contributes to climate change, locally seen in the devastating floods in nearby Detroit, and elsewhere in our country and world. How can one person help such a huge problem? Remember many small things mount up and do make a difference. Act to change your choices and behaviors that harm the environment. Here are some ideas you can try at home .**

**1. Eat Those Leftovers:** A great way to be a steward to the Earth is to consume your food. Did you know that Americans throw away 25% of the food they buy? Not only is this a waste of money but it is also harmful to the environment. Producing food takes land, water, and heavy machinery. By eating your leftovers you are not only saving money but also preventing energy waste from food production.

**2. Eat a Plant-Based Meal or Meals with Ingredients from Local Farms:** Eating plants is good for your body and good for the earth. Find a new recipe to try this week!

**3. Wait to Run the Dishwasher until it is Full:** Consider only doing dishes when you have a full dishwasher load or full sink. If you do dishes by hand, use a basin to conserve dish-washing water. This reduces your water use and saves you money on your water bill.

**4. Green Your Laundry Routine:** Use cold water when washing clothes to reduce energy use. Energy is needed to heat water. You can also opt for a shorter wash cycle. Only do laundry when the load is full. Not only does this save water and electricity but it also saves you money and time.



**5. Turn Off the Lights When Not in Use:** If you’re not in the room, the light doesn’t need to be on. If you have not already done so **switch out incandescent bulbs for LED bulbs.** Perhaps consider installing automatic timers for the lights in your home.

**6. Cut Your Shower Time by Five Minutes:** Cut five minutes off your shower to save water. According to a study done by Harvard the average American shower uses 2.5 gallons per minute. You will save 12.5 gallons of water if you shorten by just 5 minutes.

**7. Invest in a Reusable Water Bottle:** Cut down on plastic by carrying your own water bottle with you. Preferably a reusable one made of aluminum rather than plastic. You will find that you save money by bringing your own water instead of buying new bottles every time you are thirsty.

**8. Reuse. You Don't Have to Use an Item Just Once, Right?:** What disposable items in your life could you replace with a reusable option? Do you use cloth napkins or paper? Do you have a reusable water bottle or disposable? Do you use cleaning wipes or clothes? Do you pack your lunch in plastic bags or in reusable containers?



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For additional information on caring for our world check out: “Catholics Care About Climate Change, Its Time to Take Action Together,” [CatholicClimateCovenant.org](http://CatholicClimateCovenant.org) and [SeasonofCreation.org](http://SeasonofCreation.org)