



# Healthy Earth Action Items

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> Pack your lunch using durable containers	<b>2</b> Learn about composting at <a href="#">Recology Organics in North Plains</a>	<b>3</b> Meat-free Friday Prepare veggie focused meals. Add plant-based proteins such as legumes or tofu.	<b>4</b> Research sustainably and ethically made clothing labels. <a href="#">Ecolabel Index</a>
<b>5</b> Create a weekly meal plan.  <i>What is your inspiration?</i>	<b>6</b> Learn how to replace a button or a zipper.	<b>7</b> Plan laundry schedules. Did you know? The time of year and the time of day influence the cost of doing laundry. Learn more <a href="#">here</a> .	<b>8</b> What is the <a href="#">‘30 wears’ rule?</a>	<b>9</b> Mend or alter an article of clothing.	<b>10</b> Organize a clothing swap with family or friends.	<b>11</b> Visit a secondhand clothing store.
<b>12</b> Create a weekly meal plan.  <i>Invent the most colorful salad!</i>	<b>13</b> Organize the refrigerator.	<b>14</b> Inventory the spice rack. <a href="#">What to do with expired spices</a> .  Collect <a href="#">coffee grounds</a> for a week and learn how they benefit gardens.	<b>15</b> Be creative with leftovers for a new meal.	<b>16</b> <a href="#">Sew a bowl cozy</a> .  Remember to use recycled clothing scraps!	<b>17</b> Visit a local produce stand.	<b>18</b> Plant an herb. Plant several and gift one or more.
<b>19</b> Create a weekly meal plan.  <i>What produce is in season?</i>	<b>20</b> Learn about installing a clothesline.	<b>21</b> Repurpose fabric from an old piece of clothing.  <i>Maybe a new durable shopping bag?</i>	<b>22</b> <b>EARTH DAY!</b> Calculate your <a href="#">‘Foodprint’</a>  	<b>23</b> Step outside and take in the beauty of nature.	<b>24</b> Learn about climate-friendly recipes.  Here are a few resources: <a href="#">Earth Day recipes</a>  <a href="#">World Wildlife Fund recipes</a>	<b>25</b> Take an inventory of shoes. Collect and recycle any that are no longer wanted. (The textile recycling bins take shoes!)
<b>26</b> Create a weekly meal plan.  <i>Are you excited to try new foods?</i>	<b>27</b> What is <a href="#">‘Container Gardening’</a> ?	<b>28</b> Donate or sell unwanted clothing.  <a href="#">ThredUP</a> is one of several online resources for buying and selling secondhand garments.	<b>29</b> Compare like items (such as peanut butter) at the market. Look at- Ingredient list; Packaging materials; “Made in” place; Price. How does this inform your decision to purchase?	<b>30</b>  Reflect on the month of action. Celebrate your commitment to strengthening sustainable habits that create a resilient and healthy environment!		