

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**Appreciate all that Mother Nature has to offer: Protect it and let's work together to save our Earth by sharing our passion with others.**



**Share your 30-day sustainable living challenge on social as often as you want throughout Climate Action Month; tag @bmcsoftware #gogreenwithbmc.**

**Use non-toxic toiletries and household items:** Take care of your home and save the environment by using non-toxic beauty products. Evaluate which products you can switch that do not contain any chemicals, parabens, phthalates, or genetically modified ingredients.

1

**Shorter showers:** Taking a shorter shower reduces water consumption. We recognize that this may affect the amount of time you have to showcase your amazing shower vocals, but just sing to your mirror instead for the day!

2

**Buy local:** Purchasing local whenever possible reduces the impact of carbon emissions that result from importing items from around the world. If you can buy your produce from local farmer markets.

3

**Read an environmentally focused blog and share it online:** Read about recycling, forests, or even the oceans. There are endless options! You can also challenge yourself to follow some environmental activists on social media! This will help you learn every time you scroll through your feed.

4

**Educate yourself on how to recycle and the challenges:** Research your local recycling standards to ensure you are recycling properly in your region. Did you know your **old cellphone can be recycled?**

5

**Go paperless!** Not only is it more convenient in most cases, but it reduces the need to cut down trees in the long run. When you shop, ask to have your receipts emailed to you - safe space in the landfill and your wallet.

6

**Switch to biodegradable trash bags:** It helps reduce carbon emissions, waste reduction and reduce pollution.

7

**Donate, recycle, and reuse clothing:** When you decide you no longer need an item of clothing, donate it! Giving it to donation centers instead of the landfill allows it the chance to regain purpose.

8

**Hang clothes to dry:** Let your clothing air dry to avoid excess energy usage! Even energy-efficient dryers use more hydro than it takes to hang your clothes to dry.

9

**Buy in bulk:** Avoid individually packaged items and opt to buy in bulk! Many bulk stores welcome mason jars and reusable containers, and buying items in bulk often avoids plastic or non-recyclable packaging!

10

**Eat more plants:** Try a few delicious, easy, **climate-friendly recipes!**

11

**Don't waste water:** Water is vital for life and scarce in many countries; try not to waste it! Turn off the tap when not in use.

12

**Switch from plastic laundry detergent bottles to detergent sheets:** A detergent in sheet form eliminates water, and plastic, completely. Plastic detergent bottles can rarely be recycled because of staining by the detergent inside them.

13

**Switch to a bamboo toothbrush:** If William Shakespeare had used a plastic toothbrush, it still would not be decomposed. Switch to bamboo.

14

**Reuse recyclable items:** Find a creative purpose for something recyclable! For example, turn a tin can into a plant holder or use mason jars as storage. **The list goes on!**

15

**Install motion-activated light switches:** You don't need lights to stay on all the time, especially in areas that are rarely used. Increase energy efficiency by installing motion-activated light switches in such areas.

16

**Drive more efficiently or select climate friendly on your ride share app:** Fast accelerations and high speeds use up fuel, and abrupt stops waste energy. By driving gently, you can lower your gas mileage by up to 33% on the highway and 5% in the city. Or ride share to help cut down on carbon emissions.

17

**Rechargeable batteries:** Batteries contain extremely toxic chemicals that can cause soil and water pollution. Batteries normally end up in landfills. Reduce this waste by using rechargeable batteries. You'll save money and the earth.

18

**Pledge to stop using plastic party supplies:** We use almost 40 billion plastic utensils each year - usually for less than 5 minutes. Stock up on an extra set of dishware and cutlery from a secondhand store.

19

**Compost.** About 30% of what we throw away in household garbage should be composted instead.

20

**Sign an environmental petition:** In your spare time, find a petition you are passionate about and sign it to show support, then share it with your friends and family! Legislative changes can have the largest impact of all.

21

**Borrow before you buy:** Avoid purchasing new books or clothes for special occasions if you can borrow from someone else.

22

**Practice sustainable fashion:** What's in your closet? Take this **quiz** to find out.

23

**Reusable drinkware:** Instead of grabbing a plastic water bottle, use a reusable bottle. If you go out for coffee or tea, bring a reusable mug.

24

**Use reef-safe sunblock:** About 14,000 tons of sunscreen wind up in our oceans every year. Choose a **sunscreen** that does not contain chemicals and minerals harmful to fragile coral reefs.

25

**No more straws:** Straws are harmful single-use plastics that often have severe consequences on our ocean life. Replace a single-use straw with a metal or reusable one.

26

**Calculate your footprint:** A **foodprint** calculator can help you understand how much your food choices impact the planet.

27

**Purchase refillable dental floss for zero waste.**

28

**Water outdoor plants in the early morning.** Watering your plants in the morning requires less water as the temperatures are cooler. Evaporation is less in the morning compared to evenings so less water is wasted.

29

**Use eco-friendly supplies:** If you are feeling creative, there are many **recipes online** that can help you make the supplies you need instead of purchasing them. Challenge yourself to create one homemade item you might have otherwise purchased.

30

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