



# ACTION SUGGESTIONS

As part of the Friends of Creation Challenge, you are invited to choose one action that helps care for creation in your everyday life. You can pick something from the list below—or come up with your own! Whether it's cutting down on food waste, using less energy, or supporting local farmers, every small step makes a difference. Don't forget to document your action—photos, videos, testimonials—and share the stories with us so we can celebrate your impact and inspire others!

- Start a “Green Team” at your business/organization
- Plant something at your office or building. You could grow herbs, vegetables, or trees, or even plant bee-friendly flowers.
- Start a climate justice bulletin board or social media campaign .
- Share short stories or facts from the Lake Chad region with your stakeholders. You could even share one of CLWR's videos.
- Car-Free days (or Carpool Week) where staff are encouraged to walk, bike, take transit, or rideshare!
- Host a community meal using locally grown or seasonal ingredients and use it as an opportunity to talk about food justice and climate.
- Raise your voices together and pick a day to write letters or postcards together to your MP or other government officials, expressing your support for climate justice.
- Promote healthy home habits, like shorter showers, cold-water laundry, hang-drying laundry, composting, or powering down screens earlier in the evening.
- Avoid chemical pesticides or fertilizers in your green spaces
- Try composting kitchen scraps at home, or team up with someone who already does.
- Zero food waste: encourage people to plan meals to use up leftovers and compost food scraps if possible.
- Meatless Mondays (or another plant-based meal day): encourage people to eat one vegetarian meal a week to reduce emissions linked to meat production.
- Support local farmers! Buy eggs, honey, or produce from a nearby farm or co-op at least once during the challenge.
- Organize a community litter pickup near your office/building, a park, or a local waterway.