

DAILY ACTIONS

'LOVE DOES NO HARM TO ITS NEIGHBOUR' ROMANS 13:10

CLIMATE CHANGE CAN MEAN OUR NEIGHBOURS GO HUNGRY BECAUSE OF DROUGHT, OR LOSE THEIR HOMES BECAUSE OF FLOODS. FACED WITH THAT REALITY, THERE ARE MANY THINGS WE CAN DO, ACTING AS PART OF THE GLOBAL CHURCH'S RESPONSE, TO CHANGE THE WAY OUR LIVES IMPACT POOR COMMUNITIES. FAST AND PRAY WITH TEARFUND THIS LENT TO REDUCE YOUR CARBON FOOTPRINT AND HELP PROTECT POOR PEOPLE FROM CLIMATE CHANGE.

WE RECOGNISE THAT PEOPLE OBSERVE LENT IN DIFFERENT WAYS SO WE HAVE PROVIDED 46 ACTIONS FOR THOSE WHO WISH TO INCLUDE SUNDAYS AND HOLY WEEK.

MORE FACTS AND INFORMATION ABOUT MANY OF THE DAILY ACTIONS ARE PROVIDED IN THE CARBON FAST FACT SHEET (DOWNLOAD AT www.tearfund.org/carbonfast).



DAY 1 – WEDNESDAY 25 FEBRUARY:

Remove one light bulb from your home and live without it for the next 40 days. This will decrease your energy use and act as a reminder of what you are doing during Lent.



DAY 2 – THURSDAY 26 FEBRUARY:

Cook food in a microwave. They use significantly less energy than a conventional oven. When you need to use a pan always use a lid to preserve heat when cooking – this will also cook your food faster.

DAY 3 – FRIDAY 27 FEBRUARY:

More than 150 billion litres of bottled water are sold worldwide every year. This contributes significantly to landfill and transport emissions. Say no to bottled water and drink tap water – buy a refillable washable bottle to use instead.

DAY 4 – SATURDAY 28 FEBRUARY:

Look at what food you throw away this week. Aim to reduce it by a third by eating leftovers and shopping more carefully – using a list and planning your meals.

DAY 5 – SUNDAY 1 MARCH:

Today is the last Sunday in *Global Poverty Prayer Week*. Pray for people living in poverty and affected by climate change. Ask whether you can give a short notice or lead a prayer at church or in your home group. Why not talk about the Carbon Fast when you do so? See www.tearfund.org/prayerweek for more info.

DAY 6 – MONDAY 2 MARCH:

28 per cent of the UK's carbon dioxide emissions comes from energy use to run our homes. Get a home energy check at www.energysavingtrust.co.uk or call 0800 512 012.

DAY 7 – TUESDAY 3 MARCH:

Address your standby habits – unplug mobile phone chargers and any unused appliances. Eight per cent of electricity consumed at home is from appliances that we aren't even using (source: www.climatecare.org).
Bonus: When replacing appliances look for the Energy Saving Recommended (ESR) logo. Appliances with this logo meet or exceed the energy efficiency requirements specified by the UK government.



DAY 8 – WEDNESDAY 4 MARCH:

Act justly: the world's poorest people are suffering the most from climate change yet they have contributed the least to the problem. Go to www.tearfund.org/carbonfastaction to speak up for action in the UK and other rich countries to cut their emissions and for help for poor communities to adapt to the changing climate.

DAY 9 – THURSDAY 5 MARCH:

Close the curtains to keep the cold out and the heat in.
Bonus: Line your curtains to reduce heat being lost.



DAY 10 – FRIDAY 6 MARCH:

Wrapping up: Investigate how you can better insulate your home – cavity wall, solid wall, floor and loft insulation – in some cases this can be subsidised and will help with Home Information Pack and Energy Performance Certificates for landlords and home sellers: www.energysavingtrust.org.uk/Home-improvements/Home-insulation-glazing
Bonus: Encourage your workplace or church to wrap up too.

DAY 11 – SATURDAY 7 MARCH:

Defrost your fridge and freezer to maintain efficiency. Allowing space for air to circulate will also help them to run more efficiently.

DAY 12 – SUNDAY 8 MARCH:

Pray that all countries will commit to tackling climate change and for rich developed countries to take responsibility and cut emissions fast. Pray for governments and world leaders as they seek climate change agreements.

DAY 13 – MONDAY 9 MARCH:

Landfill sites are a major source of methane emissions in the UK. Reuse and recycle your waste and compost your food waste to reduce the rubbish destined for landfill sites. Start here: www.recyclenow.com/home_composting If you don't have somewhere to compost then investigate alternatives with your local authority. Some councils now collect food waste.



One of the health impacts as a result of changing weather patterns is that malaria vector mosquitoes are spreading into highland areas that were historically free from malaria. There is also an increase in waterborne diseases.

Tadesse Dadi, Tearfund, Ethiopia

DAY 14 – TUESDAY 10 MARCH:

Avoid buying products that have lots of packaging. Choose loose products and buy refillable containers where possible.

DAY 15 – WEDNESDAY 11 MARCH:

Check your house for draughts. Then seal up gaps in windows and doors to keep more heat in. These steps won't take too much time and will pay for themselves as you save money on fuel bills.

DAY 16 – THURSDAY 12 MARCH:

Double up journeys: do shopping on your way home from work, school or somewhere else you have to go today. Share lifts with friends or try to do all your errands together.



DAY 17 – FRIDAY 13 MARCH:

We receive nearly 4 billion items of direct mail per year, one third of it unread (Direct Marketing Association). Register your home under the Mailing Preference Service to stop wasteful junk mail. Call 0845 7034599 or visit www.mpsonline.org.uk

Bonus: Request electronic bills and statements to save paper and postage



DAY 18 – SATURDAY 14 MARCH:

Buy food that's being grown or produced locally using local shops and farmers markets where possible – see www.farmersmarkets.net

Bonus: Grow some of your own food. You don't need an allotment or even a garden - grow herbs, fruit and vegetables in pots (window sill or garden). Or join others in your community to cultivate gardens together. Find out more in the fact sheet.

DAY 19 – SUNDAY 15 MARCH:

What comes in and out of your home? Reflect on what you have bought and consumed recently and challenge yourself on your consumption habits. Do you need everything you buy? Pray about what you might do to change any bad habits.

DAY 20 – MONDAY 16 MARCH:

Fill your kettle only with as much water as you need. If everyone boiled just enough water for their cuppa, the energy saved could power over three-quarters of the UK's street lights.

Bonus: When replacing a kettle, choose an efficient model (see the fact sheet for more info)



DAY 21 – TUESDAY 17 MARCH:

Could your church be greener? Talk to your church leaders about what your church could do to cut its footprint. Give thanks for churches that are already seeking to tackle climate change. Pray for more churches to recognise the need for urgent action on climate change. Pray that the global church will speak out more strongly about the issue.

DAY 22 – WEDNESDAY 18 MARCH:

Fit foil behind your radiators – you could save around £20 a year in fuel bills – and rearrange your furniture to allow heat from radiators and heaters to get into the room.

DAY 23 – THURSDAY 19 MARCH:

Give away unwanted stuff through Freecycle (www.freecycle.org.uk) – this is a great way to reuse things and stop them going into landfill.

Bonus: Organise a Freecycle event for your church, workplace or local community to exchange possessions that are no longer needed.

DAY 24 – FRIDAY 20 MARCH:

Insulate your hot water tank with an insulation jacket.

DAY 25 – SATURDAY 21 MARCH:

Only use your washing machine when you have a full load. Run your washing machine at 30-40°C. Run at maximum spin to reduce drying times and avoid using a tumble drier.

DAY 26 – SUNDAY 22 MARCH:

Celebrate Mothering Sunday simply. Reuse material from around your home to make a card. Pray for families across the world as they adapt to climate change.

DAY 27 – MONDAY 23 MARCH:

Take action: tell the UK government what you are doing through the Carbon Fast and urge them to play their part by creating and implementing strong national and international laws to stop climate chaos.

Take action here: www.tearfund.org/carbonfastaction



DAY 28 – TUESDAY 24 MARCH:

Eat no meat today and try to cut down on the amount of meat you eat each week.

Read Tearfund's position on climate change and meat eating at www.tearfund.org/climatechange

DAY 29 – WEDNESDAY 25 MARCH:

Find out what energy saving or climate change activities are going on in your local area by contacting your local authority or community groups.

Find out more about Tearfund's campaigning work on energy: www.tearfund.org/energy

DAY 30 – THURSDAY 26 MARCH:

Switch off lights when you leave a room. Encourage your office, school or church to do the same.



DAY 31 – FRIDAY 27 MARCH:

Source paper, tissue, toilet paper and wood that is recycled or has been accredited by the Forest Stewardship Council – this ensures it has come from responsibly managed sustainable forests or confirms that it is recycled (www.fsc.org).

DAY 32 – SATURDAY 28 MARCH:

Recycle Tetra Pak and yogurt cartons. These often go into landfill as recycling facilities are not visible when in fact 82 per cent of the country can recycle cartons. Find out where you can recycle Tetra Pak cartons here:

www.tetrapakrecycling.co.uk/locator.asp

Bonus: Write to your council urging them to provide and promote more recycling facilities. Download a template letter at www.tearfund.org/recycling



DAY 33 – SUNDAY 29 MARCH:

Read Genesis 1:1-2:3.

Reflecting on the goodness, beauty and power of creation. Thank God for his power in creating and sustaining the earth and for everything that is good on earth. Go for a walk near your home. Thank God for his creation – whether you think it is beautiful or not. You could organise a walk for your church or home group too.

DAY 34 – MONDAY 30 MARCH:

Take a shower instead of a bath. Look into getting a more efficient shower with a 'low-flow' shower head (see the fact sheet for more info).

DAY 35 – TUESDAY 31 MARCH:

Ask your electricity and gas suppliers if they have a green or renewable energy plan. Make the switch to a green plan today.

Bonus: Switch to an energy company that supplies 100 per cent renewables such as Good Energy.

DAY 36 – WEDNESDAY 1 APRIL:

Travel light. Think before you drive: cycle, walk the school run, share lifts with colleagues, use public transport.

Find out more about cycle routes in the UK at www.sustrans.org.uk



DAY 37 – THURSDAY 2 APRIL:

Turn your central heating thermostat down by 1°C.

Bonus: Turn your central heating down to 18°C. Wrap up with a jumper rather than turning up the heat.

DAY 38 – FRIDAY 3 APRIL:

Reduce the number of plastic bags you use. Get a fabric or reusable bag instead and take it with you when you shop.

DAY 39 – SATURDAY 4 APRIL:

Try a lower carbon way to shop rather than driving to the supermarket. Shop online, visit your local market, or share transport with a neighbour.

DAY 40 – SUNDAY 5 APRIL:

Pray for those already being affected by climate change through floods, droughts and changes to harvest patterns.

DAY 41 – MONDAY 6 APRIL:

Boilers are among the worst energy offenders in our homes, accounting for a third of domestic carbon dioxide emissions. Arrange for your boiler to be serviced so it can run more efficiently.

Bonus: When you next replace your boiler get a condensing boiler – they use less fuel than conventional boilers to produce the same amount of heat and can save 32 per cent on fuel bills.

DAY 42 – TUESDAY 7 APRIL:

Calculate your carbon footprint today at www.tearfund.org/mgi and find out what more you can do about climate change.

Order Tearfund's green guide 'For Tomorrow Too' at www.tearfund.org/climate for ideas on cutting emissions.

DAY 43 – WEDNESDAY 8 APRIL:

Save paper today. Don't print unless you need to and when you do, print double-sided onto recycled paper.

DAY 44 – THURSDAY 9 APRIL:

'Love does no harm to its neighbour' Romans 13:10. Help others to cut their emissions. You could buy an energy saving light bulb or something else mentioned in the Fast and give it away to someone to help them on the way to cutting their emissions.

DAY 45 – FRIDAY 10 APRIL:

Ask a car or vehicle owner to check their tyre pressure. Low tyre pressure means higher fuel consumption.

Bonus: Find out how to drive more efficiently at www.energysavingtrust.org.uk/travel



DAY 46 – SATURDAY 11 APRIL:

Replace the light bulb you removed at the start of the Carbon Fast (make sure it's an energy saving one!)

Finish the Carbon Fast by asking God what he wants you to do next. What do you want your lifestyle to look like in five years? Commit to doing one or two new things a month. It can seem overwhelming so you could work with a friend or your family to write down or talk through what you could do.

The average annual carbon dioxide emissions per person in the UK is 9.4 tonnes, in China 3.2 tonnes, in India 1.2 tonnes and in Malawi less than 0.1 tonnes. The poorest and most vulnerable people are being hit hardest by the impacts of climate change.



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