

Carbon Fast 2010

**To act justly and to love mercy and to walk humbly with your God. (Micah 6:8)
What does the Lord require of you?**

Join Tearfund for the *Carbon Fast* this Lent to act justly in the face of climate change: fast from carbon, pray and cry out for climate justice globally.

It's simple. Do the suggested daily actions and prayers to reduce your carbon emissions and help protect poor people from climate change. Not everyone will be able to do every action, and that's fine – we want to help you do what you can, not create eco-Pharisees.

For more information visit www.tearfund.org/carbonfast

DAILY ACTIONS

Day 1 Calculate your carbon footprint. Start the Fast by finding out your individual, household or church emissions so you know where to concentrate your reductions. Check out Tearfund's *My Global Impact* – www.tearfund.org/mgi – to calculate individual emissions, or the *Climate Justice Fund* – www.climatejusticefund.org – for an example of average household emissions.

Day 2 Be a part-time veggie. Plan to eat at least two vegetarian meals this week. The livestock industry currently contributes around 18 per cent of global emissions. Pork and chicken have lower carbon footprints than lamb or beef.

Day 3 Switch to green energy. Choose an energy supplier that sources all its energy from renewable sources – if you don't pay the bills, ask the person who does to make the switch. This will cut your home carbon emissions considerably. Find out more at www.tearfund.org/carbonfast. **This action is likely to be the one that will reduce your carbon footprint the most, so please do it today!**

Day 4 Travel by train. Is there a journey you're taking in the next few months for which you could take the train rather than driving (or flying)? Why not book today?

Day 5 Reflect on your lifestyle and its impact on the planet. Ask God to help you during Lent to focus on what he wants you to do to restore your relationship with the world and your neighbours.

Day 6 Turn it down. If you need to add cold water when you fill the sink or run a bath, then your hot water thermostat is too high – it should be set at 60°C or 140°F.

Day 7 Act for climate justice. Ask your church leader to sign up to the *Climate Justice Fund* at www.climatejusticefund.org and take the campaign action on the website. This is a Church of England initiative but churches of all denominations are welcome to join.

Day 8 Eat by candlelight. How many rooms do you light in the evenings? Turn out the lights and enjoy the ambience of a candlelit dinner!





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Day 9 Cook for free. Electric hotplates or ovens take a long time to cool, so why not turn them off earlier so your food finishes cooking for free?

Day 10 Smooth driver, not boy racer. Avoid excess idling and hard acceleration – the more revs you use, the more fuel you're burning.

Day 11 Sustainable furnishings. When you next need to buy furniture, choose recycled, second-hand or sustainable furniture items to reduce the energy used when products are manufactured and transported.

Day 12 Pray for poor people affected by the changing climate. Pray for Tearfund's church partners in Africa who are helping communities adapt through the *Climate Justice Fund*. Read and reflect on stories at www.climatejusticefund.org

Day 13 Reduce food miles. Buy seasonal and local fruit and vegetables. To find out what's in season when, visit www.lovebritishfood.co.uk. If you're buying goods from overseas, always go for the Fairtrade option where possible.

Day 14 One voice. One people. One prayer. This week is *Global Poverty Prayer Week*. Join in to pray about injustice, pleading for the hungry and downtrodden, especially those suffering from the impacts of climate change. For more details see www.tearfund.org/onevoice

Day 15 Limescale reduces efficiency. Fill the kettle with one-third vinegar and two-thirds water, and soak overnight. Rinse, then boil the kettle – and discard the water. Anyone for tea?

Day 16 Less is more. Try to buy food with the least, or most recyclable, packaging and avoid disposable plastic bags.

Day 17 Ask the climate question. What is your MP doing to tackle climate change? Write to them or arrange a meeting today. Email your MP direct or find out how to meet them at www.tearfund.org/carbonfast

Day 18 Make do and mend. Do you have clothes you could wear longer if you gave them a little TLC? Spend some time doing old-fashioned mending.

Day 19 As *Global Poverty Prayer Week* draws to a close, give thanks to God for his grace and promise in bringing justice to a changing climate. Pray for millions of people to be released from poverty and for Christians in the UK to increase their awareness of global justice issues.

Day 20 Have a technology fast. Try a day with no TV, no iPod, no computer, and even no mobile. Why not set aside a technology fast day each month?

Day 21 Swap shop. Arrange a swapping party with friends. Exchange clothes, DVDs, CDs, jewellery and bags so everyone gets something new without a trip to the shops.





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Day 22 Super recycler at home? How is your office, school or church? Make a commitment to set up better recycling schemes today and petition your local council for more recycling facilities.

Day 23 Block unused fireplaces. Stuff crumpled-up newspaper up unused fireplaces to stop heat escaping through the chimney – a good method as it still allows a little air to circulate.

Day 24 Travel light and aerodynamic. Remove roof racks and unnecessary weight from your car.

Day 25 Efficient home. Save energy and money by choosing energy-efficient home improvements and appliances when you need them. For ideas and advice see www.energysavingtrust.org.uk/Home-improvements-and-products

Day 26 'I have come that they may have life, and have it to the full.' (John 10:10) What does life to the full mean for you? Reflect and pray through this today.

Day 27 Try skinny food – but we don't mean calories! Choosing thin pasta and cutting meat and vegetables smaller will mean they'll cook faster and use less energy.

Day 28 Reuse and recycle mobile phones. Snub your next mobile phone upgrade and keep your current one. Recycle any unused phones and donate the value to Tearfund. Find out more at www.tearfund.valuerecycling.com

Day 29 Take action. As world leaders continue to work out the details of how they'll tackle climate change globally, write to the prime minister to urge him to ensure the UK plays its part. Take this action online at www.tearfund.org/carbonfast

Day 30 Get composting. Food waste sent to landfill sites emits methane, whereas home composting is methane-free because air is involved. Check out www.recyclenow.com/compost for advice on composting.

Day 31 Resist BOGOF. Too often, 'buy one, get one free' offers tempt us to purchase things we don't use. Forty per cent of food we throw away is fruit and veg.

Day 32 Green fingers. Growing your own food reduces energy use. Plant some vegetables or herbs today. If you don't have a garden, you could grow herbs in pots on a windowsill, hire an allotment or share land with others – check out www.landshare.net for ideas.

Day 33 Focus on the world. Check the news headlines and pray for the people behind one news story that impacts the environment or a developing country.

Day 34 Lower-energy cooking. Use a microwave or slow cooker to cook your meal today – they're much more energy-efficient than conventional ovens.



Day 35 What's your local community doing to tackle climate change? Could you encourage local businesses or shops to switch off lights each evening, support greener travel to work, insulate their buildings or switch to renewable energy?

Day 36 Put a plug in it. When you wash up, fill pans, get a drink or brush your teeth, do not leave the tap running longer than you need to. Change water-wasting habits to help conserve energy.

Day 37 Radical recycling. Make a renewed commitment to recycle things your council doesn't take away from your door, such as Tetra Pak packaging and furniture. To find out more, visit your local council's website or office.

Day 38 Avoid short car journeys. A cold engine uses twice as much fuel, so walk, cycle or get the bus instead of using unnecessary fuel.

Day 39 Spring clean. Have a clear-out of things you really don't need and take them to a charity shop today. Rediscover what you *do* have, to help you avoid buying things you don't need.

Day 40 Thank God that one day the earth will be renewed to reflect God's glory completely. Pray for the work of the church, building God's kingdom now by caring for and renewing the earth to protect poor people, fighting injustice and poverty.

Day 41 Cook double portions. Bulk-cook and freeze extra portions to reheat when you need them.

Day 42 Turn your boss, vicar or school green. Check out www.energysavingtrust.org.uk for ideas. If you think they're going to be hard to persuade, emphasise the money they'll save by reducing energy use!

Day 43 Check your flush. Do you always need to flush the loo? Why not get a water-saving 'hippo' from your water company? For other water-saving tips, check out www.energysavingtrust.org.uk

Day 44 Walk it. If you're planning a sightseeing trip, walking around will save carbon and enable you to see more. Try www.walkit.com to help you plan walks in some of the UK's towns and cities.

Day 45 Have a dairy-free day. The global livestock sector generates more carbon than all forms of transport, so cutting down on dairy will slash your carbon footprint.

Day 46 Review the actions you've taken during Lent. Make a list of three or four that you want to keep doing this month. Repeat each month, or when you can, to get into carbon-saving habits. Give thanks to God for your Carbon Fasting experience and pray that he may help you to sustain what you have done during Lent.

www.tearfund.org/carbonfast
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