

# CARBON FREE LENT



## CHALLENGE



### WEEK 1

#### Learn

[What is the Carbon Cycle?](#)



#### Action

When carbon levels rise, the earth's temperature rises.

Reflect on when you have experienced extreme weather.

#### Action

[Find out your carbon footprint!](#)



#### Action

Reflect on your energy use and your willingness to make a change in your life.

What is the hardest part?

### WEEK 2

Eat lower on the food chain: swap chicken, turkey, or fish for beef.



Prioritize plants in each meal. They use far less carbon than meat and dairy.

Commit to avoid meat and dairy one or more days each week.

Reduce food waste by planning meals and simplifying menus.

Plan what to do with leftovers: freeze, donate, or repurpose.

Compost food scraps to reduce methane released from rotting food.

Reduce emissions from fertilizer, transportation, & packaging.

### WEEK 3

A Carbon sink is anything that stores Carbon. The largest Carbon sink in the world is the ocean.

Support old growth forests through a financial donation.

Identify native species for your yard.

Certify your yard with the National Wildlife Federation.



Learn about the benefits of regenerative agriculture

Support farmers who use regenerative agriculture

	Learn	Action	Action	Action
WEEK 4	<p>Focus this week on reducing your energy use in your home and with your transportation.</p> <p>Learn about the health impacts of natural gas.</p>	<p>Transportation is a major source of carbon emissions.. Consider an EV!</p> <p>Electrify appliances such as dryers, stoves, water heaters, and heat pumps to reduce methane use.</p>	<p>Consider public transportation or carpooling. Avoid flying.</p> <p>Replace incandescent and CFL lighting with LEDs.</p> <p>Do not idle or “warm up” vehicles.</p>	<p>The largest use of energy at home is heating and cooling.</p> <p>Improve your home weatherization: verify insulation is R-49, seal gaps, check for window leaks.</p>
WEEK 5	<p>Prioritize energy efficiency and renewable energy.</p> <p>64% of electrical energy generated in Southern WI comes from fossil fuels.</p>	<p>Electric Vehicles are ~90% efficient vs Gas ~20%.</p> <p>When home appliances need replacing, prioritize energy efficiency.</p>	<p>Review your electric and heating bills and look for trends or spikes.</p> <p>Consider investing in rooftop solar.</p>	<p>Contact your legislators to advocate for more renewable energy.</p> <p>Contact your legislators to advocate for fewer fossil fuel subsidies.</p>
WEEK 6	<p>Grounding Others</p> <p>We are stronger together! Think (pray) about what we can do collectively, and how you can help.</p> 	<p>Talk to your local leaders and officials to support native plants, energy efficiency, and/or renewable energy.</p> <p>Learn about projections for energy demand as society increasingly uses artificial intelligence and data centers.</p>	<p>Follow the Public Service Commission and comment for renewable and against fossil fuel projects.</p> <p>Have 2 (or more!) conversations with friends to tell them something you learned in these 40 days.</p>	<p>Join a local organization to meet others interested in decreasing their carbon use.</p> <p>Join a national organization to get action alerts, connect with others, and learn skills such as writing letters to the editor or lobbying.</p>