

# MAR 2026

SUN MON TUE WED THU FRI SAT

01

Give thanks before each meal for Creation's gifts.

02

Reuse a container and fill it with some food at Gaynor's Village Refillery

03

Try your food waste bin if you haven't already, or start composting.

04

**WEEK THREE:**  
Today is there a journey you can make on foot?

Try public transport for one regular trip.

05

Drive calmly: harsh breaking or acceleration wastes petrol or diesel.

06

Explore your local area for a day instead of driving far.

07

08

Combine errands to reduce car journeys.

09

Don't idle. Idling wastes fuel and pollutes the air.

10

Share rides in the car with others..

11

**WEEK FOUR:**  
Have a "buy nothing" day this week

Declutter and donate gently used items.

12

Mend or repair something instead of replacing it: Use the Repair Café.

13

Unsubscribe from all your unwanted email advertising.

14

15

Borrow or share items with a neighbour.

16

Consider swapping a disposable item for a reusable one- for example wipes.

17

Develop a thrifting habit- avoid fast fashion.

18

**WEEK FIVE:**  
Take shorter showers (4 mins)

Fix dripping taps.

19

Use water more conservatively.

20

Use Eco-Friendly cleaning products or consider making your own.

21

22

Take a reusable coffee cup or waterbottle out with you today.

23

Pick up litter in your street.

24

Only boil as much water as you need in a kettle.

25

**WEEK SIX:**  
Plant a seed, flower or tree.

Join or start a church or community eco-group.

26

Ask Basingstoke and Deane Green Team to come and survey your garden.

27

Take part in Earth Hour this evening.

28

29

Take some time out to spend some mindful time in nature.

30

Consider supporting an environmental Charity.

31

Commit to volunteering at the next community or church environmental event

**Share your Carbon Fast Lent journey with someone, and Celebrate Easter with a Prayer for Creation.**