

The production of 1 calorie of animal protein requires more than ten times the fossil fuel input as 1 calorie of plant protein.

**TASK:** Incorporate a meatless meal once or twice a week. If you're already a vegetarian, way to go, you!

SUN MON TUE WED

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New Year's Day

15

22

29

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2023

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Recycled paper requires about 60% of the energy used to make paper from virgin wood pulp.

**TASK:** Make sure your home and office printers use recycled papers.

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SUN MON TUE WED THU FRI SAT

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New Year's Day

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"The greatest threat to our planet is the belief that someone else will save it."

**TASK:** If you haven't already, set yourself up for easy recycling at home and at the office by making recycling bins readily available.

SUN MON TUE WED THU FRI SAT

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February

Free  
January  
PRINTABLE

Over 1 TRILLION plastic bags are used every year worldwide.

**TASK:** Make sure you have reusable bags in your car, at home, and a few in your work and/or gym bags so you can avoid resorting to plastic.

SUN MON TUE WED THU FRI SAT

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March

Recycling one aluminum could save enough energy to run a 60-watt bulb for 20 hours.

**TASK:** It's Earth Month! Put on some gloves, grab a bag and volunteer a bit of your time collecting cans and other litter in your community.

SUN MON TUE WED THU FRI SAT

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April