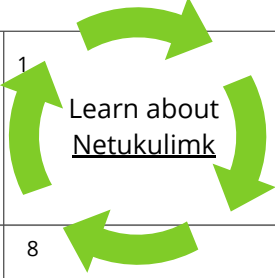


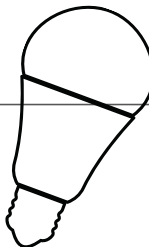



# SUSTAINABILITY CHALLENGE 2021

Join the Dalhousie Office of Sustainability for a month long challenge designed to teach you how to take action and incorporate sustainability into your life. At the end of each week, let us know what actions you took on the challenge submission form (via email to [rethink@dal.ca](mailto:rethink@dal.ca)) to be entered into our prize draw. You can submit once per week during the four-week challenge.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  Learn about <u>Netukulimk</u>	2	3 	4 <u>Regrow produce from food scraps</u>	5 Book an appt to <u>switch to energy efficient products for free</u>	6
7 <u>Complete a clean up in your neighbourhood</u>	8	9 <u>Save veggie scraps and make veggie stock</u>	10 Purchase an item that has a sustainable certification (Fair Trade, MSC etc.)	11	12 Repurpose something in your house	13
14	15 Go for a walk in your local park or trail	16 Learn about one definition of <u>sustainability</u> .	17 	18 Ride a bike or take the bus instead of your car	19	20 <u>Start a compost bin</u>
21	22 Thrift an item instead of purchasing it new	23	24 Learn about the <u>Sustainable Development Goals</u>	25 	26 Switch a disposable item in your home to a reusable	27
28	29 Try cooking a vegan meal, with <u>help from the Loaded Ladle</u>	30 	31			