



#ONEGREENTHING

7-DAY ACTION PLAN

Spark

NOT NECESSARILY AN "ENVIRONMENTALIST," BUT LOVES TO SUPPORT FRIENDS WORK AND INTERESTS. ALWAYS READY TO SERVE AND SUPPORT THE WORLD AROUND THEM. VOLUNTEERS AND CHEERS FRIENDS AND FAMILY ON. WITHOUT THIS PROFILE, THERE IS NO MOVEMENT.

DAY 1

UNDERSTAND YOU ARE WHAT YOU EAT

Plan a plant-based pot luck with family and friends. Share your recipes on social media.

DAY 2

PROTECT THE SOURCE

Look up "watershed" and find out where your watershed boundaries are.

DAY 3

LOVE YOUR MOTHER EARTH

Sign onto a conservation organization's petition or online action to protect public lands. Share on social media.

DAY 4

VOTE WITH YOUR WALLET

Make the switch to safer cosmetics and personal care products. Check out Think Dirty or EWG's Skin Deep apps for suggestions.

DAY 5

SEE ENERGY IN A NEW LIGHT

If possible, bike to school or work today, take public transportation, or carpool.

DAY 6

KNOW WE CAN'T GO IT ALONE

Consider the impacts of climate change fueled disasters on communities in your area. Give to the Red Cross to support disaster relief.

DAY 7

THINK BEYOND YOUR AGE

Zoom record or film a conversation with an older family member about a natural area or outdoor memory that was important to them growing up.

