

**The World Day of Prayer for the Care of Creation on the 1st September
MATRIX**



Consider choosing one of the following ideas to make as a goal for September as you Care for Creation.

<p style="text-align: center;">EAT YOUR LEFTOVERS!</p> <p>A great way to be a steward to the Earth is to consume your food. According to statistics from FoodWise, Australians discard up to 20% of the food they purchase. Not only is this a waste of money but it is also harmful to the environment. Producing food takes land, water, and heavy machinery. By eating your leftovers you are not only saving money but also preventing energy waste from food production. Not to mention you are keeping them from taking up space in a landfill.</p>	<p style="text-align: center;">GREEN YOUR LAUNDRY ROUTINE</p> <p>Use cold water when washing clothes to reduce energy use. Energy is needed to heat water. You can also opt for a shorter wash cycle.</p> <p>Only do laundry when the load is full. Not only does this save water and electricity but it also saves you money and time.</p> <p>Avoid using energy to dry your laundry by hanging a laundry line or using a drying rack. This cuts down on your electricity bill as well!</p>	<p style="text-align: center;">COMMIT TO LOW OR NO WASTE GROCERY SHOPPING</p> <p>Some ways to reduce waste when shopping for groceries are:</p> <ul style="list-style-type: none"> ● to buy unpackaged fresh fruits and vegetables ● bringing your own container to a bulk food store, ● investing in some produce bags to transport fresh foods, ● avoid prepared foods, ● bring your own grocery bags. 	<p style="text-align: center;">TURN OFF THE LIGHTS WHEN NOT IN USE</p> <p>If you're not in the room, the light doesn't need to be on. Leave yourself post-its to help you remember to flip the switch off when you leave the room. You can even consider installing automatic timers for the lights in your home.</p>
<p style="text-align: center;">CUT YOUR SHOWER TIME BY 5 MINUTES</p> <p>Cut five minutes off your shower to save water. The average shower duration in Australia is approximately 7 minutes and the average shower volume is approximately 55 litres. In households with a high-flow shower head the average water consumption per shower is 64.2 litres. You will save 47 litres of water if you shorten your shower by just 5 minutes. Or, consider turning the water off while you lather up and only turn it on to rinse.</p>	<p style="text-align: center;">EAT A PLANT BASED MEAL</p> <p>Eating plants is good for your body and good for the earth. Find a new recipe to try this week!</p>	<p style="text-align: center;">WAIT TO RUN THE DISHWASHER UNTIL ITS FULL</p> <p>Consider only doing dishes when you have a full dishwasher load or full sink. If you do dishes by hand, use a basin to conserve dish-washing water. This reduces your water use and saves you money on your water bill.</p>	<p style="text-align: center;">REUSE</p> <p>What disposable items in your life could you replace with a reusable option? Do you use cloth napkins or paper? Do you have a reusable water bottle or disposable? Do you use cleaning wipes or clothes? Do you pack your lunch in plastic bags or in reusable containers?</p>