

LIVING LIGHTLY FAMILY

ECO-FRIENDLY ADVENT CALENDAR



1	2	3	4	5	6	7
Start a reverse advent calendar: reuse a box or bag & collect one thing each day to donate.	As a family, look for a few earth-friendly charities you can donate to this December.	Go to a nearby park to play for a few minutes. Keep an eye out for litter you can pick up.	Think of an experience-based gift you can give instead of more "stuff."	Eat a meat-free meal tonight. Mac & Cheese is a great family friendly option!	Take a family pledge to turn off lights & water when you're not using them. Save energy & water!	Create your own wrapping for gifts: Reuse the back of printed paper. Paint/color/decorate it!
8	9	10	11	12	13	14
Shop local. Look for gifts in your own town instead of letting Amazon ship them to you.	Carry Christmas cards with you this week & next. Deliver in person instead of mailing them.	Make gifts for neighbors, teachers, etc. Homemade cookies & sugar scrubs are easy & fun to do together.	Head to a city, county, or state park. Visit the nature center or go for a hike. Enjoy nature as a family.	Have meat-free Thursday again! Try a yummy soup and bread tonight. Bonus points if you cook it together!	Save energy & have fun: it's TV-free Friday night! Play board games or have a dance party.	Get creative with decorations. What can you reuse? Check out ideas on my Pinterest page!
15	16	17	18	19	20	21
Go outside. Play at a park, go for a hike, or run around in your backyard. Just get out there!	Shop secondhand for gifts. So many good quality items are available. Save \$\$ and the planet!	Instead of buying new winter and holiday books, check some out from your local library!	Need a last minute gift? Think reusable! Tote bags, tumblers, fabric napkins, etc. all make great gifts!	One more week of meat-free meals. Try chickpeas, lentils, or beans instead of meat.	Make sure to turn your thermostat down when you're away from home at holiday celebrations!	1st Day of Winter! It's the longest night of the year. Go outside tonight and look for stars!
22	23	24	25	AND BEYOND:		
If you don't already have one, start a compost bin for food scraps from holiday meals.	Donate items from your reverse advent calendar collection before the holiday rush!	Go for a walk. Look at the beautiful lights in your area. Don't forget to pick up litter you find!	Hold on to bows, tissue paper, gift bags, wrapping paper, etc. Pack it away to use again!	<p>* Make eco-friendly New Years Resolutions as a family: how do you want to care for the planet better in 2020?</p> <p>* Follow @livinglightlyinthesuburbs on social media and read livinglightlyinthesuburbs.com all year for tips to live lighter!</p>		