
















	Buy Recycled Plastic	Need inspiration for a sustainable holiday gift? Looking for items made from recycled plastics is one way we can make eco-friendly choices to reduce greenhouse gas emissions and slow the spread of plastic waste.
	Unpackaged Produce	Going for grocery shopping to prepare the holiday feast? Instead of buying packaged fruit and vegetables, why not buy them loose and save on the plastic? Log every time you buy unpackaged fruit or vegetables
	Grow more trees	Thinking about the perfect Christmas tree this year? Share a picture! And why not buy a Christmas tree in a pot. After the holidays, just go ahead and plant it in the garden. Taking good care of the new buddy, you might re-use it next year. Carbon fuels climate change. Trees chew up carbon. Make a commitment to support trees by helping the experts plant, protect and restore our forests. Credible organisations carefully consider the type of tree, location, and the impact on nature and local communities. They also report their impact, so you can see how your actions have helped.
	Eat more veggies	Looking for a vegetarian holiday feast option? Try something tasty. Make a commitment to cut down on the amount of meat you eat each week by trying meals packed with tasty fruits, vegetables, grains and pulses. Log this action when you've enjoyed a meat-free day. Depending on what you currently eat, you may not need to find other protein substitutes for the meat you replace. The average daily protein requirement is 51g (1.8 ounces) per person, but in many countries we consume well above that.
	Cut food waste	Leftovers from the holiday feast? Make a commitment to cut down on food waste in your own home by making sure you only buy what you need, eat the food you have and compost anything left. Worried you've ended up with more food than you can eat? Look up convenient local donation options with a quick online search, or find ways to freeze, pickle or ferment it.
	Connect With Others	The holiday season tends to be stressful at times, but it is truly about enjoying time with others. Many of us feel the need to discover more. Host a virtual meeting with a few close friends to discuss a book, podcast or other diversity-focused resource and what you learned.
	Cook a New Recipe	Our cultural dishes map who are, where we come from, and what happened to us along the way. Travel without leaving your kitchen. Cook an authentic recipe from a culture other than your own and try new preparation styles, ingredients and flavor combinations.
	Coworker Lunch	Proximity breeds empathy. Take a coworker you don't know well to a socially-distanced or virtual lunch. Ask what experiences have shaped them into who they are today. You might be surprised to find things you have in common and things you can learn from discussing your experiences!
	Disconnect	Take time away from all screens to read a book, play cards, journal, work on a puzzle, walk, etc. Aim for an hour every day.
	New Recipe	Mix up your meals by cooking a new recipe. It's a great way to add variety to your diet and learn new cooking skills at the same time.

	Make a Donation	Give money to a cause you are passionate about. If you visit charitynavigator.org , you can find information about 5,500 of the largest charities, rated by category, as well as tips for donors.
	Local Markets	For the freshest produce at the best price, shop local! Check out your nearest farmer's market and learn what is in season. You may discover a new vegetable, or find inspiration for a new recipe.
	Visit the Park	After all the good food: This one's a walk in the park. Visit a public park near you and Log this Action. After all your help preserving nature, now get out and enjoy it!
	Leftovers	The average person wastes 210 lbs of food a year. Eat last night's leftovers for lunch to Log this very important action.
	Thrift Shopping	Buying a gift for yourself or others? Need something new? Got something you no longer need? get it from second hand or donate it and Log this Action.
	Reusable Shopping Bag	With all the holiday shopping, you don't want to use a plastic bag every time. Got your reusable bag? Step 2 is: Use it. Log this Action every time you say, 'No bag, thanks' at the store.
	Local Produce	Eating fresh, local produce is a great way to support the economy. Log it every time you buy local produce.
	Dress for the Winter	Yes, we want to see the most beautiful Christmas sweater here! Instead of hiking the thermostat, take a hike to the sweater store: Log it when you dress warmly.