

2023

CHINMAYA MISSION PDX
PRESENTS

ECO CALENDAR

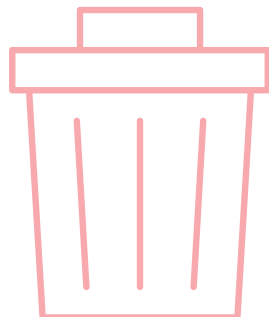
JANUARY

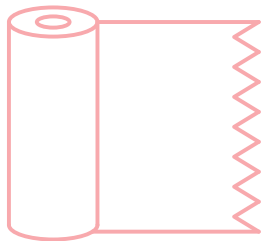
TIP 1: The elimination bin

This is the perfect way to start off your challenge. For this month, avoid buying as many plastic products as you can.

Inevitably, some things will slip through.

Gather everything that you don't catch and put it together in a bin. This bin will become the template for what to watch out for and selectively eliminate in the future.





January 2023

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	31
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

FEBUARY

TIP 2: No time for trash

The thing about reusables, is that they take time. This month, build a habit of adding an extra ten minutes to your schedule to bring a coffee mug from home to your favorite coffee shop, or just drink your coffee at home. Take time to grab a reusable bag, or to fill a water bottle, or grab reusable cutlery from home. If remembering is the problem, extra time gives you a moment to collect yourself and remember what you need as well.





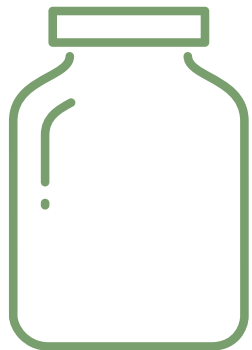
FEBRUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	1	2	3	4
5	6	7	8	9	10	11

MARCH

TIP 3: Buy local, buy clean

Buying groceries with less waste can be really difficult if you don't know what to look for, but the trick is, as long as you look close to home, you will often find what you need. Local farms will often sell cheese and milk packaged sustainably, and local bakeries may be willing to sell you bread in a cloth bag. Co-ops and farmers markets will also be likely to sell in sustainable packaging, and if you cannot go to any of these options, another viable option is looking for glass and cardboard packaged groceries. These local options often even taste better!



MARCH 2023

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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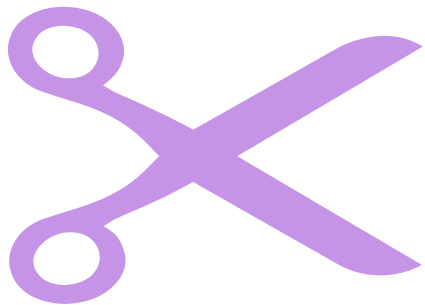
April

Tip 4: Find absolute creativity

Many people don't think of themselves as creative in the traditional manner.

Fortunately, this method calls for anything but traditional solutions. For this month, try looking at old items in a new way. Catalogue what you have, what you need, and what you have but don't need and find a way to adapt what you don't need into what you do. Instead of reuse reduce recycle, try reuse, adapt, and reuse again

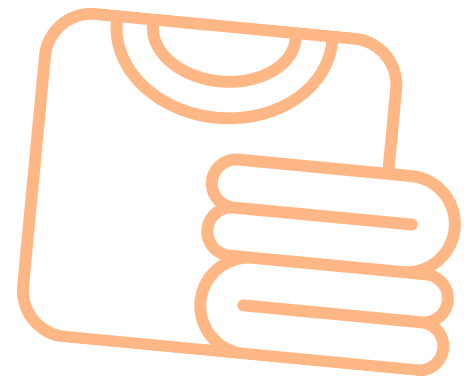




April 2023

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

May



Tip 5: Know when it's time to let go

One important point to note is that an item that is in use is never wasted, even if it's not in use by you. Giving an item to a friend or a family member, or even giving to a consignment store can ensure that the item will not go to waste. This is also helpful to the community around you. In this sense, it's one of the best things to do with unneeded but functional items.

MAY 2023



SUN	MON	TUE	WED	THU	FRI	SAT
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

June

Tip 6: Sharing is better than caring

Have you ever noticed how difficult it is to complete your giant Costco haul of groceries before they go bad? Well that's a fairly common phenomenon, with a fairly simple solution. Share. When you go shopping, find a buddy with whom you can share your groceries. If something is going to go bad, find someone who can help you finish them before they become moldy. This also helps preserve the cost effectiveness of shopping at bulk stores like Costco, while also minimizing waste. This mindset is incredibly helpful and isn't limited to just food.

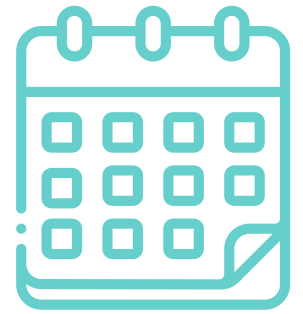




June 2023

SUN	MON	TUE	WED	THU	FRI	SAT
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18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

JULY



TIP 7: Focus on the present (and the near future)

Food waste post-meal is something we all know about. Leftovers are well and good, but sometimes you just never get to finishing them. The solution to that is to plan your meals. Buy your groceries for the next 2-5 meals, and plan what you're going to use when. Minimize leftovers by adjusting amounts until there are no little scraps left after a meal. This may seem like WAY too much work, but many things can make this more manageable, including planners, schedules and grocery delivery services



July 2023

SUN	MON	TUE	WED	THU	FRI	SAT
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23	24	25	26	27	28	29
30	31	1	2	3	4	5

AUGUST

TIP 8: DIY it when specificity demands it

Now please don't mistake this for something else; some things simply do have to be bought. That is perfectly fine. However, do you have an item that is used for only one, hyperspecific purpose? Do you use it very often? If the answers to those questions follow as yes, then no, could you have made do with a different item, or made an item to fulfill the purpose? This month, try to DIY what you would usually buy, especially for items you're not sure you would use multiple times.



August 2023

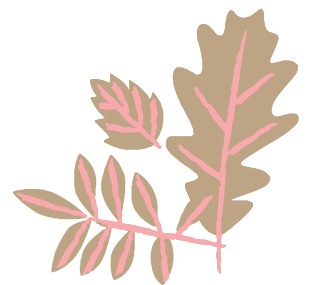


SUN	MON	TUE	WED	THU	FRI	SAT
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20	21	22	23	24	25	26
27	28	29	30	31	1	2
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September

Tip 9: Don't get caught up in a craze

Coming into the holiday season, it's easy to get caught up in the vibes and end up buying new items for your golu (that you have no space for) and a barrage of Fall themed items. No judgement here. However, if it's tied to a season, it's likely not going to get much use after. In light of this, to minimize waste this month, try cutting out themed items, and if you really want something season themed, try making your own. Depending on the kind of person you are, it could be fun.

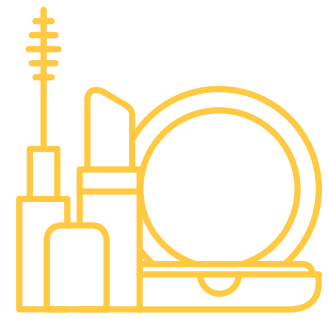




September 2023

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24	25	26	27	28	29	30
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October



Tip 10: Low-waste consumables

So far, much of these tips have been focused on eliminating waste, but some things just have to be consumed, and they leave waste in their wake. One example is soap. Another is makeup. There are simple workarounds for these. Bar soap is one quick alternative for dish soap, but soap tablets that become liquid soap also exist, and with these, the same plastic container can be reused. Additionally, makeup can be refilled. Single colors are available online and palettes can be refilled. These leave behind easily recyclable aluminum trays. However, these are just examples, and you should try to find similar workarounds in your home. Looking for them is the trick.



October 2023

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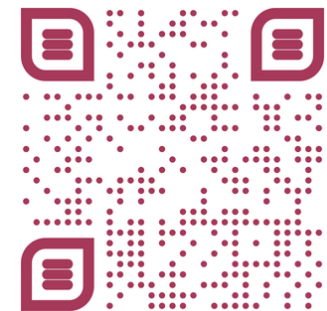
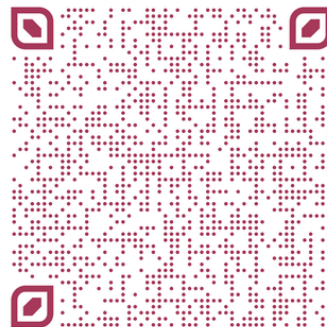
November

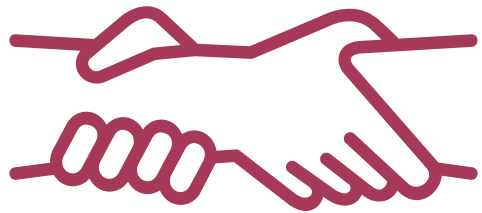


Tip 11: You're not alone in this



Some of these tips and changes might have seemed daunting. And that's okay, but it's important to note that you are living your own life and some changes may not be feasible or possible. However, for every niche problem, there is a niche solution. Resources are out there. For your specific uses, find a Youtube video that outlines what you need. Find your perfect guidebook. To get you going, below are some resources that you may find useful.





November 2023

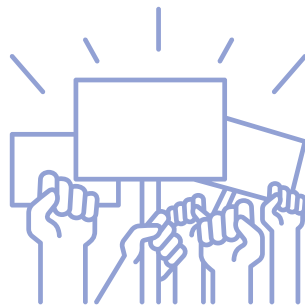


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DECEMBER

TIP 12: Repeat after me: This is not my fault

In these collection of tips, you have learned how to set an example and make your household more environmentally friendly. However, you didn't create the environmental state of the world. By and large, corporations and their unwillingness to provide sustainable options did. And today, this is still a problem. The best thing you could possibly do for the environmental movement is push for change. Lobby the corporations. Protest. Hold them accountable like no one has before. You have that power.





DECEMBER 2023

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MON

TUE

WED

THU

FRI

SAT

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24	25	26	27	28	29	30
31	1	2	3	4	5	6



GO

GREEN