

**“Give It Up for the Earth” 2018 Pledges hung on our “Tree of Life”
Highlands United Church, North Vancouver Total Pledges: 79**

Plastics and Packaging (18)

live plastic-free
avoid plastic packaging
no plastic bags x 3
bring my own shopping bag
give up plastic and paper cups
bring my own cup
take my coffee mug to Starbucks; no paper cups!
recycle soft plastics
don't eat cookies that have plastic wrappers
no disposable plastic straws x 4
no single-use plastic when making lunches
reduce packaging
refuse over-packaged items
avoid non-compostable disposables

Diet (23)

reduce meat consumption to once a week
eat less red meat
eat less meat
give up beef x 2
reduce meat consumption x 2
one day without meat per week
two meatless dinners per week
vegetarian once a week
eat vegetarian twice a week
more vegetarian meals
begin vegetarian cooking; committing to exploring menus and doing at least 1
 dinner a week
vegan for Lent; vegan for life
no consuming animals and animal by-products
buy only local produce and meat
eat local and in season
eat locally grown foods
buy local unpackaged foods
avoid eating and buying food and products made or grown out of season or made
 outside of Canada
eat less fast food
give up all snacks; eat less
buy less and eat less

Transport (8)

ride my bike everywhere
biking more
don't ride car too much; bus instead
use public transit more frequently: at least once a week
walk to more places than use car
walk and bus more; give up getting rides
more walking, less driving
car-pool more

Household (18)

take shorter showers x 5
use less water x 2
change all lightbulbs to LEDs this month
replace all household lighting with LED bulbs
keep using LED bulbs
no dryer use
reduce electricity
cut waste further than I already have
use natural lighting when it exists
buy paper with recycled content
recycle x 2
increase reusing and recycling

Miscellaneous (12)

stop doing things bad for the environment
litter-free
clean up litter
not put bottles on the ground
pick up and return to trash containers or for deposit return coffee cups and
recyclable containers, respectively, every morning between St. George's and 2nd
St. and Lonsdale Quay
no sugar because it's not ethically sourced
I give up my ignorance of soil complexity. I will research healthy stewardship of soil,
trees, and ground water beneath my property.
buy Fair Trade
six-pack rings
give up starting new on-line novels
donate to solar panels project of Tsleil-Waututh Nation
purchase biomethane instead of natural gas from Fortis