

# Season of Creation Lifestyle Challenges

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The Season of Creation, September 1 – October 4, offers a time to reflect on one’s lifestyle and its impact on Creation and courageously make some changes. The campaign “[Change for the Planet - Care for the People](#)” offers the following changes in lifestyles for you to consider. Try one or two each week.

## CUT DOWN THE AMOUNT OF ENERGY YOU USE

Avoid leaving appliances on stand-by, install energy-saving bulbs, choose appliances with the highest rating (AAA) on the energy label ... and don’t forget to insulate your home, install double glazing, etc.



## BUY LOCAL FOOD

Locally produced food grown during natural seasons is fresher and requires less energy to produce.



## MAKE PUBLIC TRANSPORT YOUR PRIORITY

Driving cars has become a nightmare: rising fuel and commodity prices, pollution, greenhouse gas emissions and traffic jams. Instead, with public transport you can quickly reach your destination, saving you time and money, and reducing air and noise pollution.



## EAT LESS MEAT AND FEWER ANIMAL FOOD PRODUCTS

High meat consumption can become dangerous for your health. On top of this while meat production is responsible for more greenhouse gas emissions than transport, using thousands of liters of water and kilos of cereals. We urgently need to reduce our meat consumption to protect the planet and fight against world hunger.



## SHARE: USE LESS INDIVIDUALLY AND MORE COLLECTIVELY

Reduce purchases and energy consumption by joining community initiatives to share access to products and services, rather than having individual ownership. For example, lend or borrow tools or other items you don't often use, share car rides with others, work in a shared space, or give away old items. Sharing rather than purchasing new items reduces natural resource and energy use because less production is needed. It also reduces the number of products we throw away. Sharing your goods and services with others also means saving money in both purchasing and maintenance costs. You might even make some new friends along the way.



## GET ON YOUR BIKE

Riding your bicycle instead of driving has several benefits both for you and for the planet. It is a very effective workout providing many health benefits while also allowing you to save money. Cycling is also a great way to reduce pollution and congestion, making our streets more liveable.



## CREATE A PLASTIC FREE ZONE

Reducing our consumption of plastic products can contribute greatly to the environment by decreasing the energy needed for production and for waste management and recycling processes. Plastic in the form of plastic bags is also very damaging to the life of animal species as these discarded bags often find their way into the environment. By making simple changes, like carrying boxes for food, and using reusable bottles and bags we can directly contribute to the care of creation.



## PREPARE YOUR OWN MEALS

Why not regain cooking skills while saving money? Cooking at home reduces food waste and enables you to eat more cheaply. It will also give you a measure of "quality control" that you can't have with processed foods: by preparing your own food you gain reliable knowledge of what is really in the food you eat and where your food is coming from.

