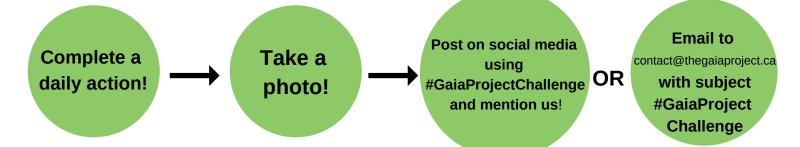
Take the #: GaiaProjectChallenge

HOW TO ENTER:



Every week follows the same pattern!

MONDAY		TUESDAY		WEDNESDAY	
Meatless Monday		Trash Tuesday		Walking Wednesday	
THURS		SDAY	FRI	DAY	

Turn It Off Thursday Finish Strong Friday

Each action you complete enters you in a draw for a \$250 Loblaws giftcard to throw a classroom eco-party!

Count down to Earth Day with us!
Starting April 1st, 2019
Follow us to get started!



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Take the #: GaiaProjectChallenge

April 1st: Research a meatless recipe and share it on

social media and try it out with an adult

April 2nd: Pack a Litterless Lunch

April 3rd: Bike or walk to school or to your daily activities

April 4th: Turn all your lights off after 4:00 keeping only

necessary ones on

April 5th: Unfollow 2 social media accounts that promote

unsustainable products, follow 2 eco-friendly accounts

April 8th: Research how the meat/dairy industry impacts

the environment, share with class (ex: poster, poem)

April 9th: Avoid using any single use plastics

April 10th: Go for a walk or bike ride in nature

April 11th: Avoid "Peak Energy Times". Don't run any

unnecessary appliances from 7 - 9 am and 5 - 7 pm

(laundry, dishwasher, shower etc)

**April 12: Make an eco-friendly reminder on the morning

announcements (ex: recycling, turning off lights)

April 15th: Only eat vegetarian or vegan meals

April 16th: Create zero food waste, only pack what you

will eat

April 17th: While walking outside, clean up litter

April 18th: Unplug devices at home and school which are

not being used (with permission of teacher and parent)

April 19th: Write a letter to an adult (principal,

parent/guardian, local MLA) about a green initiative you

want them to support

** Can be done at any time during contest