

Make a difference this Lent

One Great Hour of Sharing, in addition to supporting our neighbors in need, promotes lifestyle integrity work and environmental stewardship. Use this resource, designed in partnership with the Presbyterian Hunger Program, to inspire thoughtful practices this Lenten season.



Give up an hour of electricity on March 27.

Participate in Earth Hour by switching off all electricity at 8:30 p.m. local time in solidarity with global efforts to secure nature and our home. Even better – consider giving up Netflix during Lent and using the roughly **\$28** you save in those two months to donate a family of chickens to a family facing food insecurity.



Walk somewhere you would have driven.

U.S. consumption of 500 gallons of gasoline every year per driver creates as much as 10,000 pounds of carbon dioxide. By walking instead of driving, you can save roughly **\$175** this Lent, enough money to support a women's empowerment project in another country.



Give up bottled water.

If you spend \$1 on a 16.9-ounce bottle of water, you're effectively paying \$7.57 per gallon – 3,785 times more than you'd pay for the same amount of water from a faucet! Giving up one bottle of water every day during Lent could save you around **\$60**, enough to donate a sewing machine, a source of income for a person in need.



Set a goal of zero food waste today.

40% of U.S. food supply is wasted each year – that's 219 lbs. per person! Food waste costs the U.S. around \$218 billion per year. When 12% of American households are food insecure, reducing food waste by just 15% could provide enough sustenance to feed more than 25 million people, annually.



Give up food with a high carbon footprint.

Beef and cheese are two foods with a high carbon footprint. Hamburger averages \$3.95/pound. By eliminating this food once a week during Lent, you can save nearly **\$25** and provide up to 10 jerry cans to help in the efficient transportation of water. Calculate your food footprint at eatlowcarbon.org.



Switch from single-use bags to reusable bags.

The average family only recycles 15 bags a year; the rest end up in landfills or as litter. It takes 500+ years for a plastic bag to degrade in a landfill. Unfortunately, the bags don't break down completely but instead photo-degrade, becoming microplastics that absorb toxins and continue to pollute the environment.



Eliminate air travel.

Aviation contributes ~2% of the world's global carbon emissions, and short flights produce a larger amount of greenhouse gas emissions per passenger compared to longer routes. The **thousands of dollars** you can save on a family vacation for four could provide a community farm bundle – including livestock, tools, and training.



Plant a tree.

If every one of America's 85 million gardening households planted just one young shade tree in their backyard or community, those trees would absorb more than 2 million tons of carbon pollution each year. You can also help others plant trees with the gift of a sapling set for **\$30**.



Speak to the powerful.

Urge elected officials to support legislation making justice a priority, such as welcoming refugees. Visit capwiz.com/pcusa/home to reach out to your representative.



Drink only water today.

It takes 600 cups of water to produce a single cup of coffee, and 125 cups of water to produce a cup of tea. By giving up a cup of coffee each day of Lent, you could save roughly **\$125**, enough to donate an emergency food basket.