

40/40/40



40 YEARS of Earth Day / 40 DAYS of commitment/
40 UUs in your congregation stand up for the Earth
April 18 - May 27, 2010



Sample Actions

Choose one or more of these 40+ actions for your 40-day pledge, **or create your own** adventurous 40-day lifestyle change, for the sake of the Earth and all who live here. To learn more about 40/40/40, see www.tr.im/404040.

1. **Skip fast food** for 40 days
2. Offer a **spoken grace** before meals for 40 day (see “Favorite UU Table Graces” at www.tr.im/404040)
3. Only eat meals in rooms **without a t.v. or computer monitor on** for 40 days
4. Alone or with a congregational group, outside or in pots, start and care for a **vegetable garden**, and watch it come to life over the 40 days
5. If you enjoy **coffee, chocolate, or tea**, buy from **Fair Trade sources** for 40 days
6. **Eat lower on the food chain** by replacing one or more animal products for 40 days
7. Estimate how much you typically spend on your daily food; set aside that amount every day to **donate to a food pantry** at the end of your 40 days
8. Pick one food you eat per day; spend three minutes **thinking about its production, distribution, and impact** on the Earth, every day for 40 days
9. With your household, **eat one more meal together** than is your custom, daily for 40 days
10. Eat normally but **keep your food packaging and document the volume** at the end of 40 days—send your pics to the 40-40-40 blog at www.tr.im/40blog
11. Spend 10 minutes daily as a “good food advocate.” Not sure where to start? Try www.takepart.com/categories/food
12. Use bulk ingredients to **make your own cereal**, and thereby cut costs and unnecessary packaging for 40 days
13. Make a list of food that doesn’t fit your sense of “**good, humane, clean, and fair,**” and say “no, thanks” for 40 days
14. Meet with a **study group** six times to discuss the challenge of eating with your culture, relationships, budget, and UU values in mind, over the 40 days
15. Say no to water from plastic bottles for 40 days
16. Take a fruit or vegetable snack to school or work every day for 40 days
17. **Read at least one page of a website, magazine, or book** on an ethical eating topic of choice, every day for 40 days
18. Switch some or all types of produce to **organic** for 40 days
19. **Reduce packaging** (and expense!) by trying to buy enough rice, oatmeal, nuts, whole grains, flours, and/or cereals in **bulk** to last your family 40 days
20. With others, organize a **congregational celebration** of the successful completion of 40/40/40, over the 40 days
21. **Try veganism** for 40 days

22. In 40 words or less, describe a **factor you would have guide your food choices** (consider price, taste, culture, tradition, values, ethics, and spirituality) every day for 40 days
23. Commit to obtaining an appropriate category of food **locally** for 40 days
24. Get 40 in your congregation to **volunteer** in shifts to support food pantries, soup kitchens, homebound food delivery services for 40 days
25. Once a week, dedicate 40 minutes to learning about **the real meaning of labels** like organic, natural, cage-free, free-range, and organic, for 40 days
26. Shop in a food cooperative, farmer's market, small business, or locally owned grocery store instead of chain supermarkets throughout the 40 days
27. Try home **composting** for 40 days
28. **Read** Mason and Singer's *The Ethics of What We Eat: Why Our Food Choices Matter* or Participant Media and Weber's *Food Inc.: A Participant Guide* over the 40 days
29. **Take a pass on** some or all **processed foods** for 40 days
30. **Discuss** environmental justice and food (see www.tinyurl.com/eth-eat) **with another person**, every day for 40 days
31. Paper or plastic? Nope—use only **reusable bags** for groceries for 40 days
32. If you eat **fish and other sea life**, use www.tr.im/40fish to **guide your choices** for 40 days
33. Over 40 days, **collect recipes** from congregants, along with the stories about where the recipes come from and why they exemplify "ethical eating;" sell the recipe book as a fundraiser at the end of the 40 days
34. Place **reusable containers** someplace (a bag, car, or bike) they'll be handy when you're at a restaurant; use your own container for any leftovers, for 40 days
35. Once a week for 40 days, talk with someone you eat with about how to make **mealtimes** a consistent source of **joy and delight**, and an expression of your **values**
36. Try to buy the foods with fewest **steps between production and your plate** for 40 days
37. Whenever you shop for food, compare **food package volume** and make decisions accordingly over the 40 days
38. Read the "Ethical Eating: Food & Environmental Justice" Resource Guide (www.tinyurl.com/WeAllEat) for tips, then **host a film series** on food/agricultural topics over the 40 days
39. Make two batches of a healthy, humane, sustainable recipe; **share the recipe and dish** with a friend, or **freeze the extra batch** to keep your freezer full and energy efficient, once a week for 40 days
40. **Gather stories of 40/40/40 in your congregation** and send the words, pictures, or videos to be published on the 40/40/40 blog at www.tr.im/40blog.

More 40/40/40 Ideas for Children and Youth

1. **Help in the kitchen** every day for 40 days
2. Try **chewing one bite 40 times** and to see what you notice, every day for 40 days
3. Eat at least **one fruit or vegetable** with every meal for 40 days
4. **Check labels**, and don't eat food if you can't pronounce an ingredient, if it contains corn syrup or more than five ingredients, or if sugar is at the top of the list, for 40 days
5. Drink **water** only from the tap or a water fountain for 40 days
6. **Don't drink any soda** for 40 days
7. Try a **new "whole food"** (fruit, grain, vegetable, or fungus) every day for 40 days
8. With kids, youth, and adults, **write a skit** about the impact our food choices have on our planet, and perform it at the conclusion of the 40 days
9. **Plant and water vegetable seeds** (like lettuce or beans) and watch them grow for the 40 days
10. **Ask one new question** about where food comes from, every day for 40 days