



## **July 2013 Monthly Challenge: Live Locally!**

This month, I will:

- Walk or ride my bike more often, instead of driving.
- Cook more meals at home, instead of eating out.
- Patronize local businesses and restaurants when I do go out.
- Visit a farmer's market to buy produce and other local food.
- Get to know my neighbors by inviting them to my home.
- Pledge to spend one hour less in front of the TV each day.
- Try hanging my clothes to dry instead of using the dryer, once a week.
- Pick up unsightly litter in my neighborhood.
- Start a garden, even if it's only a few herbs or tomato plants.
- Camp out in the backyard or have a "stay-cation".
- Send photos or stories about my efforts to Blessed Earth!