



30 DAY ARRAN EARTH CHALLENGE!

1 Make an Earth Day window sign	2 Litter pick on your daily walk	3 Take the Eco Savvy Food Quiz!	4 Watch a movie in the Savvy Film Club	5 Go plant based for the day/week/month
6 Make something from the Eco Savvy Cook Book!	7 Take the Eco Savvy Energy Quiz!	8 Map a Strava route for the Savvy Travel map	9 Keep your showers to under 4 mins	10 Read up about Arran's waste
11 Take the Eco Savvy Travel Quiz!	12 Support the Food Share	13 Check out our top 5 energy tips	14 Support the climate strikes online	15 Give us your thoughts on a Tool Library
16 Share your Savvy food recipes	17 Join the Arran Lift Share page	18 Switch to a green energy supplier	19 Take the Eco Savvy Nature Quiz!	20 Do your essential trips on foot/bike
21 Become a Savvy Traveller	22 Go veggie for the day/week/month	23 Declutter: Ready items to take to Eco Savvy or Arcas	24 Take part in the Waste Weigh Challenge	25 Learn about fermentation for food preservation
26 Join the Savvy Food Program	27 Eat local for the day/week/month	28 Plant/grow something	29 Take part in a discussion in the Savvy Film Club	30 Become a member of Eco Savvy

We'd love to hear how you get on - use the hashtag **#ArranChallenge** on social media...

Check off the challenges as you go!

7 Take the Eco Savvy Energy Quiz!

