

PLANiT-forward

Join the *PLANiT-forward* movement

The urgency to care for our planet and spend less money is apparent

Let us offer a better place to live for future generations

A lighter footprint WILL matter in 100 years

The best time to plant a tree is 20 years ago

The second best time is now

Plant your seed of action – pay it forward

Every small seed grows and is felt by our planet Mother Earth

Let's be Birds of Play and PLANiT-forward

What *PLANiT-forward* asks of you:

1. *Choose one new action (or non-action) for the week which you believe will help our planet and sustainability in ANY way – this is your agreement with yourself:
MY AGREEMENT PLANiT-forward = MAP.*
2. *Forward this email along with your MAP, to me and to 12 other people – perhaps include one person in another country and/or far away and preferably refrain from blind copying the recipients – keep it open – but clean up previous email addresses (Please do not misuse email addresses).*
3. *Each week add a new MAP to your existing MAPs and share with your 13 fellow “PLANiT-forward” friends; your MAP may give others new ideas and remind them to send out their new MAPs.*

Note: if the 12 people whom I have sent to, forward to 12 others each, that makes 144 others who PLANiT-forward; $144 \times 12 = 1728$; $1728 \times 12 = 20736$; $20736 \times 12 = 248\ 832$ and so on – Mother Earth WILL notice – every week – lets have no fall-out – keep it up – every MAP counts!

Ideas of what you may choose to do (or not do) each week – your MAP:

- *NO longer buy water/drinks in plastic bottles*
- *Plant a tree*
- *Become a mostly vegan Organicflexitarian – it takes 16 pounds of grain to make 1 pound of beef!*
- *Remember to take my own bags when I go shopping*
- *Avoid buying produce which is packaged in plastic or Styrofoam – shop at the market or greengrocer*
- *Re-use plastic and Styrofoam packaging – use as seeds trays etc*
- *Use less detergents for house/car cleaning and clean less often*
- *Gradually convert my credit card balance into a savings account and no longer buy on credit*
- *Pack my dishwasher FULLY before using it*
- *Set up recycling bins/boxes in my home*
- *SAVE the money I was going to use to buy that new lounge suite, coat, jewellery, perfume...*
- *Stop buying things I don't need: when I buy ANYTHING – ask myself – what will I do with this item when I am finished with it – where will it go – is it re-usable or biodegradable?*
- *Use natural and biodegradable detergents, body lotions, soaps and shampoos*
- *Start a compost heap/device for all of my peels and un-used fresh produce*
- *Wear clothing more than once if possible before washing*
- *Cut my shower time by one third*
- *Plant one new herb in a pot or in my garden*
- *Start sprouting my own seeds to grow my own sprouts for salads – so easily done!*
- *Dig a small patch to start a herb/vegetable garden*
- *Buy a book on how to start an organic vegetable garden – whether in pots or a bigger area (Jane's Delicious Garden by Jane Griffiths is an excellent choice in South Africa)*
- *Give away clutter and things I no longer use – clothes, shoes, materials, books, DVD's...*

PLANiT-forward

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Download this document: www.bevwium.com