

50 ACTS FOR NATURE CHALLENGE

Challenge yourself to live greener in 2024 with Berks Nature's 50 Acts for the Betterment of Nature Challenge!

It's been 50 years since Berks Nature was first formed to protect and nurture Berks County's rich and varied landscape from surging development pressure.

To celebrate this momentous milestone, in 2024 Berks Nature is launching **the 50 Acts for Nature Challenge**: a new way to energize and foster our connections and responsibility to the world around us! We've come a long way in 50 years, but there is still work to be done to live harmoniously within our environment. Fortunately, there is a lot that you can do as an individual, and as a community, to help us all move towards a more sustainable future.

Will you rise to the challenge and commit to greener living?

TAKE THE CHALLENGE

Berks Nature has collected 50 actions for you to take - at home, at work, and in your community - to help you get started with some new, greener habits this year! We challenge you to complete as many of these actions as you can this year, and earn some cool prizes in the process!

If you complete AT LEAST 25 of the Challenge's actions, submit this sheet to Berks Nature to officially join the contest. All participants will receive a commemorative sticker and be entered to win a variety of prizes including goodie bags from The Nature Place shop, Kimberton Whole Foods gift cards, and tickets to Berks Nature's annual State of the Environment Breakfast. One grand prize winner will score a rain barrel worth \$130!

All winners will be notified in December to make arrangements for picking up their prizes.

**DEADLINE TO SUBMIT CHALLENGE SHEET IS
NOVEMBER 8, 2024**

You can submit your 50 Actions for the Betterment of Nature Challenge sheet online, via mail, or in-person at The Nature Place. Participants must visit The Nature Place to receive their commemorative sticker.



To submit your Challenge sheet **ONLINE**: scan your completed challenge sheet as a PDF and then email the PDF file to Berks Nature at **info@berksnature.org** with the subject line: **2024 50 Acts for Nature Challenge**.



To submit your challenge sheet by **MAIL**: send your completed challenge sheet to Berks Nature at **575 Saint Bernardine St., Reading, PA, 19607**.



To submit your challenge sheet **IN PERSON**: bring your completed challenge sheet to The Nature Place at **575 Saint Bernardine St., Reading, PA, 19607**. Stop by at the main receptionist desk to submit your sheet and receive your commemorative sticker!



Learn more about the benefits of the living green online at **berksnature.org!**



50 ACTS FOR NATURE CHALLENGE SHEET

Complete AT LEAST 25 of the actions listed below and submit to Berks Nature by **November 8, 2024** to be entered to win prizes!

REDUCE AND RECYCLE

- Packed a no-waste lunch for two days a week.
- Took action to receive less junk mail.
- Stopped purchasing bottled water (for example, by installing an at-home filter to purify tap water).
- Avoided disposable cups.
- Reduced household waste to less than one can (two bags) per week.
- Started composting at home.
- Joined or started a local, neighborhood clean up.
- Froze leftovers instead of throwing extra food away.
- Used a reusable water bottle.
- Donated old or unwanted items instead of trashing them.
- Switched to reusable shopping bags.
- Repaired broken items instead of replacing them.
- Declined plastic utensils while eating takeout.

SAVE WATER AND PROTECT LOCAL STREAMS

- Reduced my shower time to 5 minutes.
- Installed a rain barrel.
- Used organic fertilizers and eliminated pesticides.
- Disposed of pharmaceuticals at appropriate collection program.
- Incorporated native plants into landscaping.
- Turned water off while brushing teeth.
- Correctly disposed of hazardous products.
- Used eco-friendly detergents, cleaning products, personal hygiene products, and sunscreen.
- Learned where my water comes from and what watershed I live in.

LOVE THE LAND

- Created backyard habitat by landscaping with native plants.
- Had a "staycation" in Berks County to support local eco-tourism.
- Volunteered with Berks Nature to remove invasive plants or assist with trail maintenance.
- Decreased impervious surfaces around my home.
- Purchased recycled paper products.
- Supported local organic farmers.
- Took time to play outside or go for a hike with my friends or family.
- Learned about my township or borough's zoning or attended an EAC meeting.

CONSERVE ENERGY AND SAVE MONEY

- Unplugged my electronics when not in use.
- Hang dried my clothing 50% of the time.
- Programmed my thermostat to 78 degrees F or higher in the summer and 62 degrees F or lower in the winter.
- Turned off the lights when not in a room.
- Insulated my hot water heater.
- Installed five LED light bulbs.
- Cleaned or replaced by air filters every month.
- Set my water temperature to 120 degrees F.
- Checked my entire home for air leaks and fixed them.
- Washed clothes in warm or cold water.
- Switched to a green energy supplier.
- Improved my home's insulation.

KEEP OUR AIR CLEAN

- Cut back or eliminated lawn mowing.
- Eliminated toxic chemical use at home.
- Committed to traveling one day a week by foot, bike, or public transportation.
- Planted at least one native tree.
- Tested my home for lead or radon.
- Switched bills or mailings to be digital only.
- Shopped locally and/or ordered far-away products in bulk to reduce shipping mileage and trips.
- Wrote to my local paper and/or elected official to advocate for clean air policies.

Please provide the contact information below to be officially entered into this contest.

NAME

PREFERRED METHOD OF CONTACT

- Email: _____
- Phone: _____