

7 Ways to Green the 7th Day – Shabbat!

Shabbat is a wonderful time to be with family and friends, without the distractions of the everyday. Why not set a “kavannah” (intention) on Shabbat to try one of the following ideas that are good for the Earth:

Purchase locally grown ingredients for your Shabbat meal

Make one Shabbat meal a month vegetarian

Save energy by not using electronics on Shabbat

Decrease waste by using reusable bags for your Shabbat grocery shopping

Bike or walk to the grocery store

Use cloth napkins at your dinner table

When cleaning up, choose to use washable/reusable towels instead of paper towels