



2025 CALENDAR





JANUARY 2025

MON	TUE	WED	THU	FRI	SAT	SUN
		1 Try out Veganuary!	2	3 Pick up three pieces of litter on your walk.	4	5 Plan a car-free day to lower emissions.
6 Refuse single-use cutlery if ordering takeout.	7	8 Collect rainwater to water your garden.	9	10	11	12
13	14 Switch to biodegradable household products	15	16	17 Compost kitchen waste to reduce landfill contributions.	18	19
20 Penguin Awareness Day	21	22	23	24	25	26 Shop secondhand for one item you need.
27 Set your thermostat lower in winter and dress warmly.	28	29	30 Replace one lightbulb with an LED to save energy.	31		

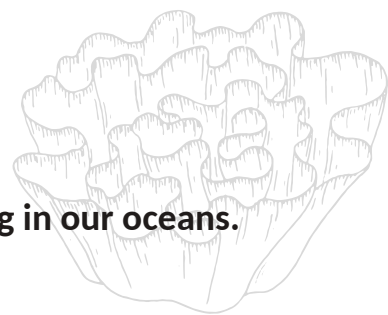
The ocean is the heart of our planet. Take care of it, and it will take care of you.



FEBRUARY 2025

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2 World Wetlands Day
3 Switch off the lights when leaving a room.	4	5	6 Choose public transport, bike, or walk instead of driving.	7	8	9
10	11 Air dry your clothes instead of using a dryer.	12	13	14	15 Use a rechargeable battery for electronics.	16
17	18	19 Say no to plastic straws at restaurants.	20	21	22	23
24 Use a reusable coffee cup today if you're buying coffee.	25	26	27 International Polar Bear Day	28 Go for a day without any single-use plastic.		

More than 5 trillion pieces of plastic are estimated to be floating in our oceans.
(National Geographic)





MARCH 2025

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3 World Wildlife Day	4	5 Collect rainwater to water your garden.	6	7	8	9 Buy local produce to support local and reduce emissions.
10	11	12 Make a DIY cleaning product from natural ingredients.	13	14 International Day of Action for Rivers	15	16
17 Unplug electronics that aren't in use to save energy.	18	19	20 World Sparrow Day	21 International Day of Forests	22 World Water Day	23 World Meteorological Day
24	25 Choose a paperless option for your bills.	26	27	28	29	30 Be vegan for a day to reduce your environmental footprint.
31						

One reusable bottle can save an average of 167 plastic bottles per year.
Every small action to reduce plastic use makes a wave of difference.



APRIL 2025

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4 Refuse single-use cutlery if ordering takeout.	5	6
7 Pick up three pieces of litter on your walk.	8	9	10 Turn off the tap while brushing your teeth.	11	12	13 Buy in bulk to reduce packaging waste.
14	15	16	17	18	19	20 Switch off the lights when leaving a room.
21 Support eco-friendly brands that prioritize sustainability.	22 Earth Day	23 World Laboratory Animal Day	24	25 World Penguin Day	26	27 Repurpose glass jars for storage.
28 Compost kitchen waste to reduce landfill contributions.	29	30				

“We are tied to the ocean. And when we go back to the sea, we are going back to where we came from.” – John F. Kennedy



MAY 2025

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3 World Migratory Bird Day	4
5	6 Be vegan for a day to reduce your environmental footprint.	7	8	9 Replace one lightbulb with an LED to save energy.	10	11
12	13	14	15	16	17 Endangered Species Day	18
19	20 World Bee Day	21	22 International Day for Biological Diversity	23	24	25 Take a reusable container when ordering takeout or leftovers.
26 Reduce screen brightness to save battery and energy.	27	28 Use a reusable shopping bag today and avoid plastic.	29	30	31 Turn leftovers into a new meal to reduce waste.	

By 2050, there could be more plastic in the ocean than fish, by weight.
(Ellen MacArthur Foundation)

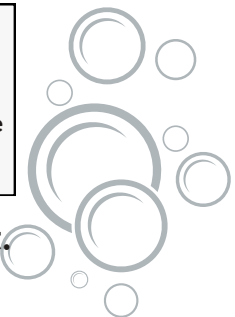


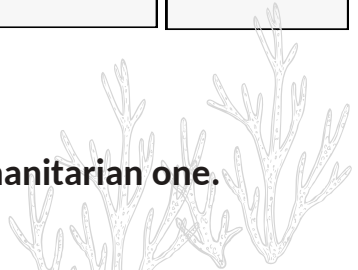


Photo Credit: York Hovest

JUNE 2025

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3 Unplug electronics that aren't in use to save energy.	4	5 World Environment Day	6	7	8 World Oceans Day
9 Choose bamboo or reusable utensils over plastic.	10	11	12 Pick eco-friendly, cruelty-free products when possible.	13	14 Take a shorter shower to save water.	15 Plan a car-free day to lower emissions.
16 World Sea Turtle Day	17 World Day to Combat Desertification and Drought	18	19	20	21 Organize a beach or park cleanup with friends.	22
23	24	25 Repurpose glass jars for storage.	26	27	28 Say no to plastic straws at restaurants.	29
30						

Saving our oceans is not just an environmental issue—it's a humanitarian one.





JULY 2025

MON	TUE	WED	THU	FRI	SAT	SUN
	1 Recycle paper, glass, and plastic in your household.	2	3	4	5 Cook a meal with leftovers to reduce food waste.	6
7 Plant a tree or a small plant to absorb CO ₂ .	8	9	10 Buy local produce to support local and reduce emissions.	11	12	13 Use reusable coffee cups if you're buying coffee.
14 Shark Awareness Day	15	16	17 Bring reusable produce bags for fruits and veggies.	18	19	20
21 Carry a reusable water bottle instead of buying bottled water.	22	23	24	25 Donate old clothes instead of throwing them away.	26 International Day for the Conservation of the Mangrove Ecosystem	27
28 Turn off the tap while brushing your teeth.	29	30	31 Buy in bulk to reduce packaging waste.			

Plastic never goes away; it just breaks down into smaller pieces called microplastics.
Our actions today shape the ocean's future.



AUGUST 2025

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3 Use natural pest control methods in the garden.
4 Bring a lunchbox to avoid plastic packaging at lunch.	5	6	7 Air dry your clothes instead of using a dryer.	8 International Cat Day	9	10 World Lion Day
11	12 World Elephant Day	13	14	15 Use cloth napkins instead of paper ones.	16	17
18	19 Avoid disposable razors; try a reusable razor.	20	21	22	23	24 Choose unpackaged fruits and veggies when shopping.
25 Organize a beach or park cleanup with friends.	26	27 Reduce screen brightness to save battery and energy.	28	29	30 International Whale Shark Day	31

Together, we can turn the tide on ocean pollution, one choice at a time.



Photo Credit: York Hovest

SEPTEMBER 2025

MON	TUE	WED	THU	FRI	SAT	SUN
1 Host a plant-based meal for friends or family.	2	3	4 National Wildlife Day	5	6	7 Avoid fast fashion by skipping a new purchase.
8	9	10	11 Avoid plastic bags for produce; go reusable.	12	13	14
15 Greenpeace Day	16 International Day for the Preservation of the Ozone Layer	17	18	19	20 International Coastal Cleanup Day	21
22 World Rhino Day	23 World Rivers Day	24	25 Take a shorter shower to save water.	26	27	28 World Rabies Day
29	30 Use a reusable water bottle instead of buying bottled water.					

The ocean supplies over half of the world's oxygen. A clean ocean means cleaner air.
(NOAA)



Photo Credit: York Hovest

OCTOBER 2025

MON	TUE	WED	THU	FRI	SAT	SUN
		1 Use washable cloths instead of paper towels.	2	3	4 World Animal Day	5 Use bar soap instead of liquid soap to reduce plastic packaging.
6 World Habitat Day	7	8	9	10 Learn one new fact about endangered marine life today.	11	12 Turn leftovers into a new meal to reduce waste.
13	14 World Migratory Bird Day	15 Reduce microplastics by choosing natural fibers.	16	17 International Sawfish Day	18	19
20 Choose public transport, bike, or walk instead of driving.	21	22	23	24 Plant a tree or a small plant to absorb CO ₂ .	25	26
27	28 Read up on sustainable fishing before buying seafood.	29	30	31 Choose unpackaged fruits and veggies when shopping.		

Approximately 1 million seabirds and 100,000 marine animals die each year from plastic pollution. (UNESCO)



NOVEMBER 2025

MON	TUE	WED	THU	FRI	SAT	SUN
					1 World Vegan Day	2
3 Make a DIY cleaning product from natural ingredients.	4	5	6 Switch to a plant-based milk	7	8 Check your tire pressure to improve fuel efficiency.	9
10	11	12 Recycle paper, glass, and plastic in your household.	13	14	15	16
17 Host a zero-waste day challenge with friends.	18	19	20 Switch to digital receipts instead of printed ones at stores.	21	22	23 Bring a lunchbox to avoid plastic packaging at lunch.
24	25 Skip meat at dinner for a plant-based meal.	26	27	28	29	30

You cannot protect the ocean without eliminating single-use plastics.



DECEMBER 2025

MON	TUE	WED	THU	FRI	SAT	SUN
1 Avoid fast fashion today by skipping a new purchase.	2	3	4 World Wildlife Conservation Day	5 World Soil Day	6	7
8	9	10	11 Support eco-friendly brands that prioritize sustainability.	12	13 Share an environmental tip on social media.	14
15 Use a reusable shopping bag today and avoid plastic.	16	17	18 Use eco-friendly gift wrapping	19	20	21 Recycle electronics responsibly, such as old phones.
22	23 Host a plant-based meal for friends or family.	24	25 Use cloth napkins instead of paper ones.	26 Cook a meal with leftovers to reduce food waste.	27	28
29	30 Donate old clothes instead of throwing them away.	31				

When we throw something away, it doesn't disappear. It just goes to someone else's backyard—the ocean.