



Week 3 Weekly Challenge

The No-Power Challenge

How much do you rely on power for everything you do? This week, make a conscious effort to do some of the things you normally do without the help of power. Each day, share with us over on the Facebook page the things you've done manually. Some examples might be:

- Using alternative lighting instead of electrical
- Cooking a meal off-the-grid
- Watering the garden with buckets instead of a hose.
- Shutting off the TV for an evening and hanging out with the family – no electronics allowed
- Entertaining yourself without electricity (reading, doing a puzzle, doing a craft)
- Mixing a recipe by hand instead of with a mixer

You get the idea. The key here is to be cognizant of how much we rely on power and to practice ways of doing things so that it's not so difficult and foreign when the grid is down.

Be sure to keep notes!