



“When we heal the Earth, we heal ourselves.”
~ David Orr

www.earthday.org

With the 40th Anniversary of Earth Day arriving this week on April 22nd, we thought we might share with you 20 ideas you can use within your own household which will make a huge impact on our environment. Take on a few ideas, share some with your friends and be proud that you do your part in protecting our precious environment. Adopt one or even some of these ideas as part of your daily routine because every day should be Earth Day!

1. Sponsor a lights-out in your community by shutting off lights for one hour one evening a week.
2. Return 50 plastic shopping bags to your local supermarket for recycling.
3. Get 5 households to change 2 light bulbs to fluorescents
4. Switch from paper towels in your kitchen to cloth kitchen towels for one month.
5. Plant 1 tree (a back yard, a wooded area) for your household.
6. Sign up for 1 clean-up program that needs attention: beach, parking lot, road, etc.
7. Arrange car pools for sporting events, or trips with friends to the movies.
8. Make 3 phone calls to stop junk mail items from being mailed to your household.
9. Borrow a book from your local library. Learn ways to save our environment.
10. Limit yourself to a 7 minute shower once a week.
11. Decrease plastic water bottles usage. Use a reusable sports bottle.
12. Purchase grocery items in bulk packaging rather than small, individual packaging.
13. Be a paperless learner! Check out free audio book websites: learnoutloud.com or booksshouldbefree.com, and free Ipod casts like nationalgeographic.com.
14. Ask for paper plates at your next family holiday—not plastic!
15. Change 2 cleaning products in your home to be environmentally safe products.
16. Scan/share documents electronically—save paper. Ask teachers and at work about submitting electronic documents and if you need to print, print double sided.
17. Save toner—Change Inkjet printer defaults from "Normal" to "Draft" and Laser printer "Resolutions" from 600 dpi or 1200 dpi to 300 dpi.
18. Make your household aware that batteries need to be recycled carefully – collect and dispose of them at your local transfer station.
19. Turn off electrical devices in your home when not in use – TV, stereo, computer and turn off the room lights when you exit. Reduce your electric consumption by 25% each year!
20. Bring a litterless lunch to school or to work using reusable sandwich bags, and a reusable sports bottle for your drink – plan a meal with no waste!