

EARTH DAY CELEBRATION



51 Things You Can Do!

- 1) Clean with white vinegar, lemon juice, & baking soda -- eliminate chemicals.
- 2) Recycle old cotton shirts as cleaning rags for dishes, counters, floors, and more.
- 3) Use bamboo or metal kitchen tools over plastic, nylon, or silicone.
- 4) Re-use pet food bags or shipment packaging for trash bags; don't buy plastic bags.
- 5) Buy food in glass jars or metal cans, avoiding plastic jars or containers.
- 6) Avoid Styrofoam at all costs; get meat & fish wrapped in paper.
- 7) Wash dishes by hand, make it a moment of meditation.
- 8) Look for minimal & pronounceable ingredients in all canned & packaged foods.
- 9) Remove plastics and non-stick finishes from your home.
- 10) Make your own gift wrap with brown paper, colored pencils, and creativity.
- 11) Live with dandelions: never use pesticides on your lawn.
- 12) Let a corner of the yard go wild: plant flowers or herbs, let them seed and grow tall.
- 13) Grow some of your own food: vegetables, herbs, snacks like popcorn.
- 14) If you don't have a lawn, use pallets or containers for herbs & vegetables.
- 15) Buy heirloom seeds and plants to sustain our history.
- 16) Take a walk in nature at least twice a week, in all seasons.
- 17) Build a birdhouse, bee house, or mantis house with family or friends.
- 18) Plant flowers, especially blue ones like borage, anywhere you can, for bees.
- 19) Use lemon oil to discourage ticks on humans and pets.
- 20) Plant lemon mint or lemon verbena to keep ticks away from yard & home.
- 21) Use cloth napkins at home, carry one with you for eating out.
- 22) Bamboo utensils come in pocket carriers so you can eat green anywhere.
- 23) Use glass, ceramic, or metal containers for pet dishes.
- 24) Cat & dog food should be meat & vegetable based, naturally grain free.

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- 25) Get a metal or glass water bottle, carry it everywhere.
- 26) Use healthy soaps: goat milk, castile, plant derived, fragrance free.
- 27) Use low-sudsing detergent for laundry & dishes.
- 28) Line drying or a wooden drying rack saves energy, smells wonderfully fresh.
- 29) Recycle all containers, rinse them when empty, keep them out of the landfill.
- 30) Aim for zero waste: buy fresh, buy bulk, grow your own, give it up.
- 31) Wash & re-use aluminum foil, freezer bags, parchment paper.
- 32) Seek out local sources for food whenever possible: farmer's markets, dairy, vegetable, and meat farms.
- 33) Buy natural fabrics: cotton, linen, silk, wool. Avoid polyester & nylon.
- 34) Cook in cast iron (black or enameled) to save energy at the source & at home.
- 35) Mason jars do everything. In every room.
- 36) Shop second hand, reduce demand for clothes, books, and furniture.
- 37) Share a book, create a lending corner in your community.
- 38) Use your local library for the boundless resources contained there.
- 39) Walk or ride a bicycle when you can.
- 40) Take a friend or neighbor grocery shopping or to the farmer's market.
- 41) Turn off your tech at 8:30 pm. Less power, more rest.
- 42) Drink more natural water, from a glass.
- 43) Cook fresh food at home on your stove.
- 44) Compost your food scraps, plant trimmings, paper napkins.
- 45) Use paper, cloth, and string bags in the supermarket.
- 46) You already have reusable bags, remember them in all shopping excursions.
- 47) Turn out the lights, use sensors for your porch, yard, garage.
- 48) Gather together, eat local food, share recipes and ideas, teach the young ones.
- 49) Remember all those odd tips & tricks your Grandmother told you.
- 50) Let your lawn be fertilizer free.
- 51) Remember it is up to you to make the choice because it does vitally matter every time.