

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>“If many little people, in many little places do many little things, they can change the face of the Earth.” <i>African Proverb</i></p>	<p>1 Shopping? Try to source locally before turning to online retailers. Saves on fossil fuel, packaging and supports your local businesses.</p>	<p>2 Morning & Evening Routines Turn the water off when brushing your teeth and save gallons!</p>	<p>3 That’s my neighbor on the field or at an activity. Let’s Carpool! More time for all & saves fuel.</p>	<p>4 Steam your veggies on top of your pasta pot tonight to save on time, dishwashing and energy.</p>	<p>5 Friday Night Lights Take advantage of natural daylight and turn off lights in the evening when leaving a room.</p>	<p>6 Saturday Sports Keep our fields clean. Inspire others by example, and trash the litter. Speak-up when you see littering and make a difference!</p>	
<p>7 April Showers equal rainy day, so put the electronics away and make it FAMILY GAME NIGHT!</p>	<p>8 Lunchtime Alternatives <u>Reuse</u> plastic deli and other washable containers instead of one use plastic bags.</p>	<p>9 Paper products account for 1/3 of the waste commonly found in landfills. Sponges, washcloths, and towels are cheaper, reusable, and take up less space. than paper towels.</p>	<p>10 Walk, Run, Bike Every time you leave your car at home you reduce air pollution, lower green-house gas emissions, improve your health and save money.</p>	<p>11 Change a light bulb, change the world. Compact fluorescent bulbs and LEDS vs. regular incandescent bulbs use 2/3 less energy and last up to 10 times longer.</p>	<p>12 1500 water bottles are used every second in the U.S. When leaving the house remember your keys, phone, bag, and REUSABLE WATER BOTTLE. Our oceans thank you!</p>	<p>13 Spring Cleaning Substitute vinegar, baking soda & lemon juice for chemical laden cleaners. They are effective, safer for our water systems and produce less green-house gas. Try it!</p>	
<p>14 BRING YOUR OWN BAG! Grocery shopping, the mall, take-out, or wherever you shop, bring your own! Leave reusable bags in your trunk and you won’t forget!</p>	<p>15 Paper Recycling —One stack of 10 newspapers recycled saves a tree from being chopped down. Recycle paper packaging and any notices that come home from school too!</p>	<p>16 Packing a spoon in lunch? Ditch the disposable; reach for the utensil drawer. <u>Refuse</u> one-use plastic!</p>	<p>17 Packaging Matters, plastic can only be recycled once, glass up to 7 times, and aluminum infinitely. Think cans before bottles! Think unpackaged veggies before bagged salads, etc.</p>	<p>18 Save & Return your plastic bottles for \$.05 at your local store, give the money to charity and help your neighbor in need! Every penny counts!</p>	<p>19 Eat your vegetables Each year in the US alone, 80 % of all agricultural land, 1/2 of all water resources, 70 % of all grain, & 1/3 of all fossil fuels are used to raise animals for food.</p>	<p>20 Shutdown Unplug while on vacation/not in use: toasters, coffee pots, air conditioners, lamps, TVs, computers, etc.</p>	
<p>21 To dry or not to dry? NOT! Run your dishwasher before bed and turn heated dry off. By morning your dishes are dry without using extra energy!</p>	<p>22 Straws makeup 10% of all plastic pollution. Say NO thank you to straws at restaurants, take-out, fast food, deli, school etc.</p>	<p>23 Vacation water use Water supplies are an acute concern in hot climates. The average vacationer uses twice as much water as each resident daily.</p>	<p>24 Sunscreen One of the biggest and most permanent contributors to marine pollution is sunscreen. Look for sunscreen that’s marine life safe.</p>	<p>25 Staycation? Visit a local farm and learn about where our food comes from and food sustainability.</p>	<p>26 Laundry never ends! Use cold or warm water for washes vs. hot. Shake out laundry before putting in dryer and use dryer balls to cutback time.</p>	<p>27 Yard Clean-Up Opt for paper lawn bags vs. plastic. They are biodegradable and meet your needs.</p>	
<p>28 Spring Planting— Go bee/butterfly friendly and plant natural bug repellants—think lavender, mint marigolds, petunias, basil, and rosemary.</p>	<p>29 Buy, Sell, Swap Before trashing an unwanted item, donate, sell or swap it. Many apps are available to make it easy!</p>	<p>30 Practice the 5Rs:</p> <ul style="list-style-type: none"> • Refuse • Reduce • Reuse • Repurpose • Recycle 	<p>Join Raising Voices in celebrating Earth Day (April 22) everyday! How can you make an impact? Try one tip a day or week and keep at it. You can make a difference! For online resources and more information check out https://raisingvoicesusa.org</p>				