

EARTH DAY TIPS FOR EVERY DAY

Air Program 502-624-8263/8186



Sourcing your foods locally from local farmers, or growing your own, helps reduce the number of “food miles” traveled.

- Shop at a Farmers Market (producer-only markets are best.) Buying from local farmers helps them stay in business rather than selling their land to commercial developers
- Grow your own garden

CUT DRIVE TIME

Reduces strain on your wallet and reduces emissions.



Try Taking fewer trips by condensing errands, carpooling, walk or take a bike ride instead.

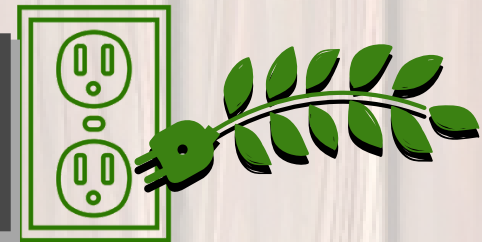


EAT MORE MEALS WITHOUT MEAT

It takes more land and resources to produce a pound of meat than a pound of vegetables.

UNPLUG

Unplugging your devices and other appliances when not in use helps cut down on electricity usage which helps your wallet and reduces emissions.



REDUCE WATER CONSUMPTION

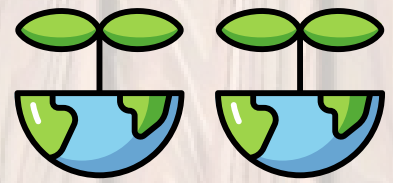
Saving water protects the water supply which also protects the balance of life on earth.



- Xeriscape- landscape with plants that can tolerate drought
- Take shorter showers
- Capture rainwater for watering outdoor plants
- Capture water while waiting for shower to warm up for indoor plant use

PLANT TREES

*Trees reduce carbon dioxide from the atmosphere
provide shade in the summer.*



AVOID PLASTIC DISPOSABLES

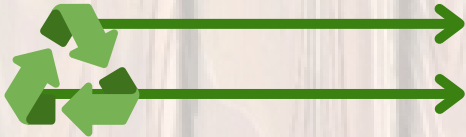
*Microplastics have been found in human blood for the first time
and they are everywhere; from deep oceans to Mt. Everest.*

- Bring your bags to the grocery. A one-time use grocery bag takes 10-20 years to break down
- Use a reusable water bottle. A plastic water bottle can take over 450 years to break down

VOLUNTEER TO CLEAN UP

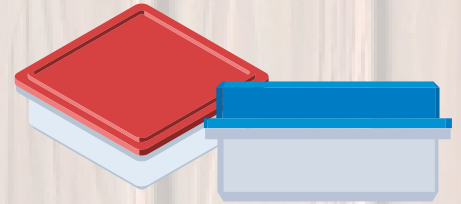
*Reduce the amount of pollution in, or entering,
our waterways.*

- Picking up litter while going for a walk/jog
- Pick up litter while fishing at your favorite spot or kayaking



Use it up, wear it out, make it do or do without

*Reduce the amount of food waste going to our landfills
by eating leftovers and composting*



*Shop local second hand stores
or Social Media Marketplace before buying new*

- Rather than throwing something out, reuse it or donate it so it can be reused.
- Purchase good quality clothes if purchasing new. Buying cheap and low quality clothes that wear out fast and do not biodegrade as more than 60% of fabric fibers are now synthetics. More than ever, our landfills are filling up with clothes.

