

How can **you** help the Earth?

Is there more you can do to help the planet? Are you an earth-saving rock star already? Looking for new ideas to conserve, preserve, and use less? Go through the list below and check off the items that you already do, or could be doing to keep your carbon footprint low!

I already do this! →

I could do this! →

Outdoors

- Plant trees!** Trees are the ultimate climate change warriors! They sequester carbon and keep the soil healthy, preventing droughts!
- Start a garden!** Growing some of your own food is a great way to reduce your carbon footprint. To do this, you can also:
 - Collect rainwater for watering
 - Avoid chemical fertilizers and pesticides
 - Garden indoors with potted plants
 - Use up-cycled planters
- Do yard work by hand!** Avoid gasoline and electricity-fueled machines to clean up your yard! Instead, you can do these chores by hand:
 - Rake leaves
 - Shovel snow

- Start composting!** You can compost food scraps and yard clippings to return nutrients to the soil and promote healthy plant growth. Use Sunsquatch's guide to composting to know which foods can and can't be composted!
- Protect our pollinators!** Keep your local ecosystem healthy by creating safe spaces for pollinating creatures. A few ways to do that are:
 - Hang up bird houses and/or feeders
 - Plant flowers for pollinators
 - Build a nesting spot for bees



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At Home

- Use less electricity!** Some ways to do this are:
 - Shut off lights when you're not in the room
 - Shut off electronics, like computers and televisions when you aren't using them
- Conserve water!** Everyone needs water and being careful with usage will help make sure there's enough for everybody. You can:
 - Shut off the water while brushing your teeth
 - Take shorter showers
 - Collect rainwater to water plants
 - Keep a pitcher in the fridge for cold drinking water instead of running the faucet until it gets cold
- Only wash when needed!** Run your dishwasher and washing machine only when they are completely full. You can also:
 - Use cold or warm water instead of hot
 - Hang-drying clothes instead of using the dryer.

Reduce, Reuse, Recycle

- Avoid single-use!** Skip disposable items designed to be used only once. You can:
 - Bring reusable bags to the grocery store
 - Bring your own take-out containers to restaurants
 - Use a reusable water bottle
- Shop second-hand!** It takes a lot of energy to make and transport new things, so instead of buying new, you can:
 - Go to thrift stores
 - Browse local yard sales
 - Borrow something you need from a friend or neighbor
- Recycle or donate!** Try to throw out as little as possible. Make sure you are recycling according to your area's regulations, so those items don't end up in a landfill. Contact your city or town if you don't know where things go.

