

Easy Things You Can Do To Help The Earth

This summer is a great time to develop some new habits to help the earth. Once a month we will send some tips from Shir Hadash members. Here are some easy suggestions from Buff Levine.

10 + 1 Simple Things You Can Do to Help the Earth from Buff Levine.

A retired science teacher, Buff is the organizer for our Shir Hadash garden and is passionate about what we can do to make a difference. She says, "The small things that we do every day are very important because they add up over time. In a year you might have done them 365 times or more. They have a big impact."

1. Use a glass of water when brushing your teeth. If you must run the tap, keep the stream no wider than a pencil. This saves gallons every day.
2. Turn off the lights when you leave a room. Unless you have solar panels, electricity may not be coming from a clean source.
3. Pick up litter when you walk. Take a bag and a glove. Litter goes into waterways and is carried to the ocean where animals (birds, turtles, fish) eat it and die.
4. Drive less. Plan outings so you can do everything on just one car trip.
5. Plant flowers. Bees depend on flowers for food most of the year. Without bees our food crops will not be pollinated.
6. Buy locally. When you patronize farmers markets and local stores it requires less packaging and shipping.
7. Don't use pesticides. Insects are important to the food chain. Remove insects from plants with a paint brush and dish soap. If you must kill insects in your home, use Citrasolv, an orange oil concentrate that is non-toxic to mammals and birds. Order it on line from [Cheap Joe's Art Supplies](#).
8. Use cloth napkins and towels instead of paper. Throw them in the wash.
9. Limit paper use. Re-use the back side of paper for lists and scratch paper. Digital subscriptions save paper and transportation fuel.
10. Store food in re-usable containers instead plastic bags.
11. Compost food waste. Rotting food in landfills is anaerobic producing lots of methane. Methane has a bigger impact on climate than carbon dioxide! Not everyone can do this. Use an animal-proof composter so it won't attract rodents.

Next month we will share some tips from Rita Norton. Have some tips to share? Email environment@shirhadash.org and we will share them in the future.