

# Earth Day Event Checklist - things you can do to help

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These are little things you can do every day to help conserve resources and reduce our impact on the environment. Being **green** is easier than you think.

## water

- Be aware of your usage. Turn off the water whenever you can. Take shorter showers.
- Drink tap water instead of [bottled water](#), less packaging.
- Wash your clothes in cold water when you can.



## Transportation

- Leave your **car** at home. Walk or ride your [bike](#).
- Maintain your car. [Tire pressure](#) and air filters can affect fuel economy.
- Slow down - driving slower on a highway will save gas and money – and you will get to your destination around the same time! Take it easy on the [brakes](#) and [gas pedal](#).



## Shopping

- Buy local food**. The things we buy all come from the Earth. The farther away products have to travel the more pollution, roads, vehicles and waste. Imagine the benefit to the local economy if we all bought local produce.
- If possible always consider buying organic produce first.



## Waste Reduction



- Recycle**. You can help reduce pollution by choosing the products with the least packaging. If an office building of 7,000 workers [recycled](#) all of its office paper waste for a year, it would be the equivalent of taking almost 400 cars off the road.
- [Composting](#) helps reduce garbage waste. Think about how much trash you make in a year. Reducing the amount of solid waste you produce in a year means taking up less space in [landfills](#).



## Save Electricity

- Change your light bulbs. Compact fluorescent light bulbs (CFLs) last 10 times longer than a standard [bulb](#) and use at least two-thirds less energy.
- If you're shopping for new appliances or even home electronics, look for **ENERGY STAR** products. Turn off lights when you're not in the room and unplug appliances when you're not using them. It only takes a second to be environmentally conscious.
- Make your home more [energy efficient](#) (and save money). Clean your air filters. Get a programmable [thermostat](#) and then reduce the thermostat setting by up to three degrees – you will be surprised how you will get used to it.



## How to help Birds:

- Learn the names of the **animals** and **plants** around you. This is the first step to helping and respecting them. If you have birds around your house that is a perfect place to start. Put out a bird feeder and it will be easier to identify the birds when they are still and close by.



## Around the Home (from the Nature Conservancy)

<http://my.nature.org/birds/engage/everyday.html>

- Don't throw food waste out the window on roads. It attracts animals which attracts birds. Many birds of prey such as Owls get hit by cars because they are attracted to animals eating waste on the side of roads.
- Put a bird bath in your yard to provide a year-round clean drinking and bathing water source for birds. Use a heater in winter where appropriate.
- Erect bird feeders and nectar feeders in proper distances from windows or places where birds can't be ambushed by predators. Use appropriate seed and other foods.
- Don't use lawn chemicals and pesticides in your garden. They are harmful not only to birds, but to a variety of wildlife and to household pets.
- Hang cutout silhouettes of birds, such as hawks, in large windows to prevent birds from colliding with the windows of your home.
- Plant native fruit and berry-bearing bushes and trees on your property. Also, maintain ground vegetation and shrubs adjacent to water.
- At night, turn off the lights or close the blinds of your high-rise offices or apartment buildings, and spread the word to your co-workers. Thousands of migratory songbirds, which are attracted by lights, are killed each year by colliding with lighted buildings at night.

## Out and About

- When hiking, biking, going to the beach, or camping, stay on the trails and respect restricted sections of sensitive natural areas, especially during nesting season. Also, keep dogs on leashes.
- Purchase shade-grown "bird-friendly" coffee. Shade-grown coffee plantations support tremendously higher numbers of bird species than full sun (deforested) coffee plantations. Forested, shade-grown coffee plantations also benefit other wildlife and the people who live there.
- Learn to identify the common birds of your neighborhood, and teach local young people the value of birds and other wildlife.
- Cooperate with your local nature preserve or park to improve wildlife habitat.
- Get involved in local and backyard bird monitoring projects and clubs.