50 GREEN ACTS



LIVE AND EAT GREEN TO BENEFIT YOUR HEALTH AND ENVIRONMENT

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WHAT IS GREEN AND WHY SHOULD WE FOLLOW A GREEN LIFESTYLE?

Green. It's the color of the trees, meadows, algae, and nearly all plant life on earth. The color green is synonymous with the environment and, specifically, its health. In recent years, the pollution and overconsumption present in the world has been taking its toll on nature, causing serious problems worldwide. Humans are the main culprits behind these problems, meaning it is up to use to turn things around. For this reason, learning about green and opting to live a green lifestyle is incredibly important both for us and for the planet itself.

A green lifestyle is one that strives to preserve, rather than consume, the natural resources of the earth as well as one's personal resources. Green living also corresponds to living in such a way that not only protects the environment, but also helps and encourages it to grow and regain its health. Now is the time to remember that the planet is a home we share with one another as well as all the ecosystems in the world, and for that reason, it is so important to do what we can to protect the environment from pollution, overuse, and all types of negative human influences.



It may seem like too much damage has already been done for anyone to really make a difference, but that simply isn't true. When left alone, nature has the power to heal itself, granted nothing too devastating has happened. With this in mind, we can do more than just leave nature to its own devices.

Through simple but effective green acts, we can help promote green living around the globe and work towards saving the environment. Green acts activities you can do and decisions you can make to help protect the environment and reduce your carbon footprint.

Need some ideas?

Here are 50 to get you started.

50 GREEN ACTS

1. Plant a Tree: Planting a tree is one of the greatest green acts you can do. Trees are responsible for providing the earth's oxygen as well as creating ecosystems that provide perfect habitats and food for animals like birds, rabbits, and plenty of insects. Trees also absorb harmful carbon dioxide and other harmful gasses in the air like carbon monoxide and sulfur dioxide. If there are more trees in the world, it can make a serious dent in the amount of greenhouse gasses in the air by absorbing them and replacing them with fresh, clean oxygen. If each person plants just one tree, we can collectively make a huge difference.

2. Carpool: Traditional cars (meaning those that are not energy efficient and do not run on electricity or natural oils) are some of the leading culprits of rampant greenhouse emissions. Since cars run on oil and gasoline, they subsequently release pollution and toxins into the air. By cutting down the number of cars on the road, we can cut down the amount of pollutants in the air. By taking a carpool to school or work, you still get the luxury of transportation while decreasing your carbon footprint.



3. Brush Your Teeth Without Running Water: When brushing your teeth, you may find you sometimes leave the water running even when you aren't using this. Unfortunately, this is a common practice amongst many people, which means thousands of gallons of water are being wasted every day. A simple but powerful green act could be to simply shut off the water

when not using it as you brush your teeth. This can save lots of water the very first time you do it.

4. Recycle: Tried and true, recycling is a great green act that helps you and the environment. Instead of throwing away you plastics, papers, and metals, simply recycle them so they can be made into other products you use. This helps cut down overconsumption of earth's resources, reduces the amount of trash in landfills, and cuts the cost of production for common products.

5. Eat Organic Produce: Organic produce is better for the earth and better for your body because it has less of an impact on the environment than produce grown with pesticides. These chemicals can cause damage in the body over time as well as be absorbed into the earth and find their way into the ground water.



6. Grow an Organic Garden: You can grow you own organic produce by cultivating an organic garden. This gives you the luxury of knowing where your food comes from, what's in it, and how it was made.

7. Save Landfill Space By Incinerating Waste: For trash like paper, food, cardboard, and other biodegradable objects, there's the option of incineration. When done carefully, burning non-toxic trash items is a great way to dispose of them without taking up space. Never burn electronics, plastics, or other synthetic materials.

8. Shut Off the Lights When Not in Use: Conserve energy and electricity by shutting off the lights when you are not currently in a room. Make a habit of flipping the switch each time you exit a room until it becomes second nature.

9. Take Quick Showers: Sure, the shower is a great place to ponder your existence, but a lot of water is wasted while you're lost in your thoughts. Cut your shower down to 5-10 minutes and save your ponderings for bedtime or your commute to work.



10. Solar Panels: Is your electric bill high? If your home doesn't have solar panels, it probably is. Allow the sun to power your home by installing solar panels. It saves you power and its gentle on the environment.

11. DIY Makeup and Haircare: There are lots of chemicals and artificial ingredients found in shampoos, conditioners, and cosmetics. When used regularly, these liquids, powders, and creams end up going down the drain into the ocean and the wider ecosystem, not to mention their reciprocals ending up in landfills. Instead, you can make you own haircare and makeup products using online tutorials and organic materials, extracts, and ingredients.

12. Start Composting: Billions of pounds of food are wasted and thrown out each year. Instead of throwing food away, turn it into soil by placing organic waste into the ground.

13. Estimate Your Footprint: There's an online quiz called the Ecological Footprint Quiz that helped you learn how significant your carbon footprint is and how to reduce it. Take the quiz today!

14. Avoid Use of Disposable Plastic: Take a pledge to stop use of disposable plastic which ends up in landfills and is not biodegradable. Instead, stick to papers, cardboard, or reusable containers.

15. Volunteer: When you volunteer your time, there's no end to the green acts you can do. Set aside between 1-3 hours a week to volunteer with animals, in the environment, or help promote energy conservation.



16. Recycle E-Waste: When not recycled properly, e-waste can cause serious damage to the environment. Always bring your electronic waste to the proper centers where they can be recycle safely.

17. Contribute to Clean Air: There are a few ways you can contribute to cleaner air. Avoid smoking cigarettes and cigars, drive a clean-air vehicle, and limit your use of products with harsh chemicals such as hairspray that can get into the air.

18. Donate to Plant More Trees: In addition to planting your own trees, you can donate the amount of your choice to charities and organizations devoted to planting more trees. Such organizations include Earth Day Network, Million Trees LA, and Arborday.org.

19. Visit National Parks: Get back into nature and help raise money for environment protection by visiting and donating to your national parks. They make great vacations, offer beautiful sights, and give you a reason to care about the beauty of protected nature.

20. Use Clothes Lines: Save water and energy by washing your clothes by hand and hanging them on a clothesline to dry.

21. Walk: When you can, take walks to your destinations. It's an easy and inexpensive way to cut down your carbon footprint as well as get some exercise.



22. Bike: Is your place of work or school within biking distance? Leave the car at home and take a clean ride to your destination to help reduce the amount of CO_2 emissions in the air.

23. Water Your Plants at Night: Watering your plants at night helps to cut down on wasted water because the water is more likely to absorb into the soil. When done at night, there's no hot sun to cause any water to evaporate, which means more of it stays in the earth.

24. Insulation at Home: Save you heating and energy bill with insulation at home. This will cut down on energy use as well as the chemicals burned when heating a home.

25. Don’t Buy Bottled Water: Water bottles are a waste of plastic and have the potential to allow chemicals into your drinking water. Instead, buy a reusable water to save money and cut down on the use of plastic.

26. Create Your Own Garden: Plants give us oxygen and beautify the world, so why not plant your own garden? It helps the air, adds beauty to your home, and gives you something worthwhile to care for and cultivate.

27. Fill Your Garden With Succulents: Succulents are the best of both worlds when it comes to plants. These plants require very little water and thrive in the sun, making them perfect for areas with little rainfall. It also helps you conserve water while cutting down the amount of CO2 in the atmosphere.



28. Donate to Local/Global Green Organizations: Donations help nonprofit organizations do great things in the world, so set aside some money each month to help the world become a greener place. Find orgs by searching online or exploring your city or town!

29. Raise Your Own Chickens: Raising your own chickens comes with a lot of benefits. Fresh eggs, the experience of caring for animals, and the luxury of having your own source of food are just some great reasons why you should consider raising your own chickens.

30. Take a Staycation: Vacations can be expensive and cause your carbon footprint to grow, especially if your drive to your destination. Have fun in your hometown with a staycation and explore all the organic, sustainable community your home has to offer.

31. Get a Rain Barrel: Rain barrels collect rain water that you can use for other things such as watering your plants, washing your clothes, bathing, and even drinking. Make sure your barrel is clean as well as kept in a clean place and use the water directly after it rains to avoid potentially dangerous standing water.



32. Learn to Sew: Sewing is a great green skill to have. Instead of spending money on alterations, repairs, or even clothes, you can do all of these things on your own. Sew your own clothes, toys, and other goods.

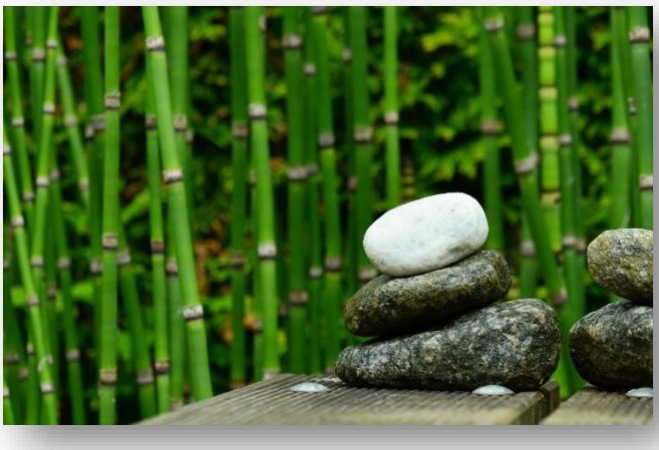
33. Invest in Local Farmers Markets:
    Farmers markets are a great place to pick up fresh produce, but they aren't always well supported by fellow locals. Visit your local farmers market and purchase some fruits and veggies. They're good for you and good for the vendor.

34. Convert Your Lawn(s) to Food Production: Expand your garden by transforming your whole lawn into food production. Plant fruits and vegetables and work to cultivate the earth and promote growth and environmental health.

35. Wash Clothes In Cold Water: Heating water takes extra energy, so wash your clothes on cold to save energy and get a just-as-effective clean. You can also hand-wash with cold water.

36. Propose a Community Garden: In a community garden, locals can share resources and food for greener living. It's also a great way to save money and teach greener living to the wider community.

37. Teach Your Children Green Living: Children are the future and you don't want them to live in a ruined environment. Help the next generation live more sustainably by teaching them green acts that they can carry into adulthood.



38. Reduce Use of Paper Towels: Paper towels can become highly wasteful and pile up over time. Reduce your use of this product in favor of regular towels.

39. Reduce Use of Paper Plates: Conserve paper by using less disposable paper plates. Instead, use regular ceramic plates or wash gently used paper plates to reuse.

40. Educate Yourself: Learn new ways to live sustainably and commit acts of green through research. Read books, look up green orgs and what they stand for, and talk to like-minded people to exchange ideas.

41. Adjust the Thermostat: Save power by adjusting the thermostat at home to reduce the use of heat and the energy it takes to heat up a house. If anything, leave the heat on just long enough to take the chill out and then turn it off. Same goes for the air conditioning.

42. Downsize Your Lifestyle: Save money and resources by downsizing your lifestyle. This means a smaller, more energy efficient car, a smaller house, less stuff, and a few staple clothing pieces.

43. Shop Secondhand: When shopping, save money and promote recycling by visiting thrift stores. These clothes and goods are cheap but perfectly usable and effective. You can also donate your clothes and things to thrift stores to help others use your tried and true things.

44. Purchase Natural Cleaning Products: Cleaning products are a notorious source of harsh chemicals that get into the air, ground, and our water. Stop using these products in exchange for green cleaning products that use only natural ingredients that are gentle on the environment.



45. Switch to Fluorescent Lightbulbs: Traditional lightbulbs take up way too much energy but barely give off substantial light. The green option is fluorescent lightbulbs, which give softer, brighter light without using too much energy.

46. Use a Reusable Shopping Bag: When you go shopping for groceries, clothes, or whatever else, take a reusable bag along to cut down the need for plastic bags.

47. Purchase Reusable Containers: Instead of tossing containers into the trash after lunch, pack your food in reusable containers.

48. Invest in a Whiteboard: Save paper by using whiteboards in your home or office to write down ideas, thoughts, memos, and more. If something doesn't absolutely have to go on paper, either put it in an email or on the whiteboard and save the trees!

49. Plant Bamboo In Your Garden: Bamboo is a highly sustainable grass that effectively clears the air of CO2 and requires very little water. It can also be used in a number of household items such as brushes and even personal care products and cosmetics.

50. Spread the Word: The best green act you can do is spread the word about environmental sustainability in any way you can. Talk to your friends, your family, your church, your school, and whomever else you can about saving the planet through committing simply green acts that can make a powerful impact.

