

EARTH DAY FROM HOME



8 Things You Can Do to Celebrate #EarthDayFromHome

1

REVIEW YOUR CLEANING SUPPLIES

Check out your current supply of cleaning products and verify that they are clean and safe. For daily cleaning, you can make your own by using household items such as white vinegar, water, essential oils, and lemon.



2

LEARN YOUR FLOOD RISK

Visit floodiq.com or msc.fema.gov to learn about your flood zone or visit your municipality's website. Also take this time to review your insurance coverage to stay prepared.



3

REDUCE FOOD WASTE

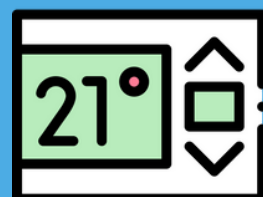
Look for foods near expiration and use them. Become friends with your freezer and reduce your food waste.



4

CHANGE YOUR THERMOSTAT

By adjusting your thermostat by a degree or two depending on what season you are in will help conserve energy; now that we are all staying indoors, it is important to stay mindful of your energy use.



5

RECYCLE PROPERLY

When recycling, remember to empty the contents in the container, rinse the container clean, and allow it to fully dry before placing it in the recycling bin. Check out your municipality's website for more information on what items they accept and pick up times.



6

CONSERVE YOUR WATER

Take shorter showers, shut off your faucet while you brush your teeth, or while you wash your hands.



7

UNPLUG YOUR HOUSEHOLD ITEMS

Unplug chargers or appliances that are not in use to reduce your energy usage. Take some time away from the screen and participate in non-screen activities, some options include reading a book, cooking, or meditating.



8

EAT MORE GREENS

Participate in Meatless Mondays or use this time at home to try out more plant-based recipes. Find your inner chef and share your recipes!



Share what you are doing for Earth Day
with the **#EarthDayFromHome** tag