



30 Ways to Care for the Earth

		<p>Day 1: Reduce food waste by planning out your weekly meals and creating a shopping list.</p>	<p>Day 2: Recycle whatever you can including cardboard, paper, glass, cans and aluminum.</p>	<p>Day 3: Walk instead of driving when you can - more activity and less carbon emissions!</p>	<p>Day 4: Repurpose used glass and plastic containers.</p>	<p>Day 5: Use leftovers for lunch or other meals to they are not tossed out.</p>
<p>Day 6: Bring your own bags to the grocery store.</p>	<p>Day 7: Replace old lightbulbs with LEDs.</p>	<p>Day 8: Store food properly to reduce spoilage. The USDA FoodKeeper app is a great tool for assistance.</p>	<p>Day 9: Food <u>expiration dates</u> actually refer to the product's quality, not its safety. Check before tossing.</p>	<p>Day 10: Switch to vegetarian meals a few days a week. Look for Buehler's Vegan Healthy Living tags for options.</p>	<p>Day 11: Use your freezer for leftovers or food items that may go bad before you can eat them.</p>	<p>Day 12: Start composting at home with this starter guide.</p>
<p>Day 13: Buy only what you will use or buy second hand items when you can.</p>	<p>Day 14: Eat more locally-grown food to save energy due to lower transportation costs.</p>	<p>Day 15: Share a ride – every gallon of gas you save not driving yourself saves about 20 lbs. of CO2.</p>	<p>Day 16: Shut off unnecessary lights to save money but also lower your carbon footprint.</p>	<p>Day 17: Look for products with less packaging or packaging that can be recycled.</p>	<p>Day 18: Turn off the water - using less water saves energy and infrastructure costs.</p>	<p>Day 19: Use “distressed” produce in baked goods, smoothies, and homemade soups.</p>
<p>Day 20: Save gift bags, boxes, wrapping paper and ribbon for reusing.</p>	<p>Day 21: Invest in a pressure cooker, like an Instant Pot, and reduce your cooking time and energy used by 70%!</p>	<p>Day 22: Use items with a short shelf life first - tender vegetables & berries spoil faster than items like apples, broccoli & carrots.</p>	<p>Day 23: Donate old clothes instead of throwing them away.</p>	<p>Day 24: Go paperless when possible. Get digital documents and bills; send invites over the computer; get email receipts.</p>	<p>Day 25: Purchase energy efficient appliances - look for the ENERGY STAR label, a federal guarantee that the appliance will consume less energy.</p>	<p>Day 26: Recycle your devices when ready to dispose of or donate your old devices to schools.</p>
<p>Day 27: Buy frozen fruits & veggies too – use what you need and put the rest back in the freezer.</p>	<p>Day 28: Recycle plastic bags in the bins at the front of all Buehler's stores.</p>	<p>Day 29: When the weather is nice, try drying your clothes on a line vs. using your dryer.</p>	<p>Day 30: Learn how you can get involved with local environmental projects in your community.</p>			