



Environmental

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<p>Plant Native Choose a native plant to add to your yard https://www.nwf.org/NativePlantFinder/Plants</p>	<p>Contact Your Legislator Thank or encourage your representative or senator to support environmental protection.</p>	<p>Use Less Energy to Heat or Cool Home Use a programmable thermostat or adjust your thermostat one degree.</p>	<p>Replace a Lightbulb Go to the energy star program to learn which light bulb is best for you. https://www.energystar.gov/products/choose_a_light</p>	<p>Volunteer Help at the community garden, pick-up trash on Earth Day, at the Mississippi River-Clean-up or any day! http://www.mississippi.rivercleanup.com/</p>
<p>Help Preserve Natural Areas Mississippi Valley Conservancy works to preserve natural areas in the driftless area; many accessible to all. https://www.mississippivalleyconservancy.org/</p>	<p>Be a Responsible Party Host Use reusable or bio-compostable dinnerware. Plastics can take up to 600 years to break down in a landfill and Styrofoam never breaks down.</p>	<p>Go Meat Free for a Day Add a vegetarian meal to your weekly menu to reduce greenhouse gases emitted from meat production. https://www.vegetariantimes.com/recipes</p>	<p>BYOB Bring your own re-useable water bottle instead of depending on disposable water bottles. https://www.foodandwaterwatch.org/campaign/take-back-tap</p>	<p>Clean Green Look for ingredients that are vegetable-based and biodegradable. Good sources of environmental friendly products are <i>People's Co-op</i> and <i>Full Circle</i> stores in downtown Lax.</p>
<p>Save Water for Later Collect water in a rain barrel to be used during dry spells. http://www.rainbarrelguide.com/</p>	<p>Upcycle Transform old or discarded items into something better! Cardboard box? Old t-shirt? Be creative.</p>	<p>FREE SPACE "Social injustice leads to ecological injustice and vice-versa" – Leonardo Boff</p>	<p>Find Beauty in Nature Take a photograph or draw a picture of what you see.</p>	<p>Buy Fair Trade Choose to buy 1 item that was produced with the worker and environment in mind https://www.fairtrade.org/certified.org/</p>
<p>Attend the Earth Fair April 28th, 11:00 – 5:00, Myrick Park Center.</p>	<p>Eat Local Buy foods grown or harvested locally to reduce carbon footprint of transportation.</p>	<p>Reduce Your Light Pollution Inventory artificial lights in your yard. Can you eliminate any? Or use it less?</p>	<p>Relax Outside Spend quiet time under a special tree, on a rocky ledge or in a grassy area.</p>	<p>Star Gaze Use a star chart or download an app and find constellations in the night sky.</p>
<p>Picnic Pack a lunch in reusable containers and head to a park.</p>	<p>Play Outside Make every day a day to get outside.</p>	<p>Take a Hike Find a nearby trail and seek adventure.</p>	<p>Go Tech Free Have a day free of technology -- no computers, cell phones, TV.</p>	<p>Ride a Bike Ride your bike to school or work.</p>