

Celebrating Earth Day All Year

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HAPPY EARTH DAY



This year Earth Day was on April 22 and although that's only one day, Earth Day can be celebrated every day. Earth Day is an event celebrated around the world that is dedicated to supporting environmental protection. The holiday was originally celebrated in 1970 and has since grown into a huge global event. Earth Day is supported by many influential organizations and people, but not everyone has a voice like that, so what can we do to help? Here are nine ways that you can celebrate Earth Day and protect the environment all year round.

1. Buy Reusable Bags

We all go grocery shopping but we don't necessarily think about what we put our groceries in. It's easy to just let the bagger put your stuff in plastic bags when really that can have a huge negative environmental impact. When plastic bags get thrown away, they go out into the environment and never really go away. An easy solution to this is buying reusable bags, if you don't already have them. I know you don't have to pay for the plastic bags but buying some reusable bags can save the Earth from a lot of unneeded plastic, and you only have to buy them once!



2. Drive Less

I know that the easiest way to get from Point A to Point B is by car, but driving everywhere can be seriously bad for the environment. The emissions from cars greatly contribute to air pollution, which not only is bad for the environment, it also basically poisoning the air we breathe. Instead of driving everywhere, if the distance is short enough, you can bike or walk, that way you're helping the environment and getting some exercise! And if you have a long way to go, you could carpool so there are still fewer cars on the road.

3. Educate Yourself on How You Can Make a Difference

One of the easiest and most important ways you can help the environment is by simply educating yourself. I'm not saying you need a degree in environmental science or

anything, but if you just get the basic information, you'll know how to help and how to avoid misinformation.

4. Look for More Eco-Friendly Brands

We buy a lot of stuff and we don't always do too much research into who we're buying that stuff from. There are a lot of brands that aren't great for the environment, but there are a lot of brands that are good too. So next time you go to buy something online, go to that brand's website because chances are, if the brand is eco-friendly it will say that pretty clearly somewhere.

5. Plant Something

Planting something is probably one of the simplest ways to help the environment and celebrate Earth Day. I'm not saying you need to go plant a whole forest, but just some flowers or herbs can help. By planting new plants, you're helping the air and the soil which are two very important things for the environment. By starting a little garden or getting a few plants you can help the environment and keep yourself busy.

6. Recycle



Most people have recycling, but not everyone uses it properly. Some recycle too much and some don't recycle enough. For some items it can be difficult to decide if it's recyclable or not. Fortunately, we almost always have a phone on us so we can very easily google if something can be recycled!

7. Use Less Water

People usually shower at least daily but we don't usually think about how long our showers are. By taking shorter showers, we can save water and power and help the environment. It's not like you need to only take five-minute showers, occasional long showers are okay too, but try to limit your time in the shower. Maybe try singing less and washing more!

8. Stop Using Plastic Water Bottles Around the House

When you're out and you don't have a water bottle with you, it's okay to buy a disposable water bottle. However, most people have access to tap water at home so we should use that if we're not going anywhere. The water in disposable bottles is just tap water so that's what you'd be drinking anyway. By drinking tap water at home, you can seriously help save the Earth and some money!



9. Use Stairs Instead of Elevators

I know that using the stairs more doesn't seem like it would make too much of a difference but it really does. Elevators use energy and by taking the stairs instead, you can help save that energy. The stairs are a great way to help the environment and get some steps in!

Even though Earth Day only happens once a year, it can, and should, be celebrated all year. By just making a few small changes you can make a huge impact, and if everyone just made one minor change, the Earth would be a much better place! Think about the environment and stay safe out there!