

10 WAYS TO MAKE EVERY DAY EARTH DAY

Earth Day is an important event that takes place on April 22 every year, where we do our best to show our appreciation for our planet. However, just because Earth Day is one day a year doesn't mean you take the other 364 days off. Here are 10 ways you can make every day Earth Day.

10

Plant a tree.

You don't need to wait for Arbor Day to plant a tree. Not only do trees produce oxygen and absorb carbon monoxide, but they're also a shelter for birds and other animals.

01

Go outside more!

Stepping outside occasionally can help you appreciate nature in all its glory.

02

Get reusable bags.

Cut out the plastic and take reusable bags with you when you go shopping to cut down on waste.

03

Recycle.

Take the time to sort your trash; Mother Earth will thank you.

09

Make your own cleaning products.

Most cleaning products have harmful chemicals. Instead, use vinegar and orange peels for a non-toxic cleaning experience.

04

Buy organic food and products.

When you buy organic, you're contributing to a positive approach toward agriculture without harmful pesticides.

08

Use glass bottles over plastic.

Using glass bottles instead of plastic yields a purer taste and a reduction in plastic recycling.

07

Start gardening.

You can grow a produce section in your backyard, and it'll add more oxygen to the atmosphere while providing you with delicious vegetables.

06

Start composting.

Don't throw away your organic trash. You can turn it into fertile soil that can help feed plant life.

05

Stop eating meat.

This may be easier said than done, but cutting meat out of your diet and solely eating plants would reduce food-related emissions by 70%.

These little steps are extremely beneficial to the environment, and they're also a good way of saying thanks to the Earth!