Earth Day

Earth Day has been celebrated globally on 22nd April since 1970. The aim of the day is to honour the achievements of environmental movements whilst also raising awareness of why we need to protect Earth's natural resources for future generations.

Earth Day is an extremely important day, and I'm here to share some top tips you and your unit can follow to benefit the Earth!

Reduce, Reuse, Recycle!

Reduce – Everything we buy affects the environment in some form. If we make more careful decisions about what we buy, we can have a huge, positive impact. One way we can do this is by cutting waste. We can reduce packaging on products we buy, shop from more second-hand shops and reduce our overall food waste!

Reuse – We can reuse a lot of items around our house for different purposes. For example, keeping glass jars to store more in them. We can also keep reusable cups, containers and shopping bags!

Recycle – Finally, we can efficiently recycle. When recycling plastic bottles, compress them and place the lids back on. Everything you recycle should also be kept clean and dry, as weather conditions, grease and other dirt can affect whether the materials (especially paper and cardboard) can be recycled or not!

Use Alternative Transport!

Walk - Not only does walking do 0 damage to the environment, but it provides people with exercise and boosts positive moods!

Bike - If walking isn't your thing, riding bikes and scooters also provides the same benefits. Bike lanes are becoming more popular across the UK, encouraging more people to travel this way!

Public Transport - Whilst buses and trains still release harmful pollutants, if more people used them then fewer cars will be on the road and therefore fewer vehicles will be releasing air pollutants!

Shop Wisely!

Buy British Crops - When shopping at the supermarket, most items (including food) come from different countries, usually transported by plane. This means that lots of air pollution and carbon emissions enter our sky simply just to see your favourite fruits and vegetables on the shelves. Instead of buying crops which travelled from overseas, why not buy crops grown in Great Britain? Even better, you could support local farm shops, which grow their own crops. Farm shops also have less packaging and less waste involved in their products, making them the environment's best friend!

Buy Fewer Clothes - 'Fast fashion' is a new take on how clothes are made, creating them quickly but cheaply to keep up with the latest trends and encourage more people to buy them. This, however, comes with a great cost, as the use of cheap textile dyes, polyester derived from fossil fuels and shedding microfibres get into the Earth's clean water and beautiful oceans. Instead of buying plenty of clothes, pick clothes that are made from eco-friendly fabrics or get creative and **repurpose your old clothes**! Why not turn an old pair of jeans into shorts for the upcoming summer months? Or hand down clothes that no longer fit to your younger friends and family!

Conserve Resources!

Conserve Energy - Simply turn off the lights when not in use, air-dry clothes outside rather than use a tumble dryer, and put on more layers of clothing rather than turn on the heating. You can also include a smart meter in your home, to help you manage energy usage and cost!

Save Water - Have a quick shower rather than a regular bath! When washing fruit and veg, wash them in a bowl in the sink rather than under a running tap. Then, use all the wastewater to water your plants. Using a watering can instead of a hose also saves water, as hoses can be accidentally left on. Finally, collect rainwater to wash your plants!

Use Your Voice!

Volunteer - There are plenty of ways you can volunteer. There are lots of UK Projects helping the environment, ranging from beach cleans to butterfly

surveys. You could also use your free time to answer surveys online, sign petitions, the list goes on!