

## Earth Day Everyday

By: Rachel Thomas, Eco Promotional Products, Inc.

Earth day began on April 22, 1970. America was in the middle of the Vietnam War and protest was on the tips of everyone's tongue. Starting a day dedicated to the Earth was a foreign concept, "Groups that had been fighting against oil spills, polluting factories and power plants, raw sewage, toxic dumps, pesticides, freeways, the loss of wilderness, and the extinction of wildlife suddenly realized they shared common values" (Earth Day Network). What began as a gamble became a movement that has lasted over 40 years.

Earth Day has since gone global and initiatives are starting all over the world. Earth Day India, Green Schools and the Healthy School Act are just some of the programs going on right now. With all of these new programs there is still a large amount of work to be done at home. According to NationMaster.com the United States is the leading emitter of carbon dioxide, "the burning of fossil fuels; water pollution from runoff of pesticides and fertilizers" are all causes of this. Air pollution, acid rain, and the limited fresh water resources in the west are all other issues the United States is faced with.

These issues become more prevalent during and around Earth Day but should be the focus of our everyday lives. Following these simple easy ideas will help save our Earth, everyday.

1. Pay attention to packaging. Instead of buying fruits and vegetables wrapped in plastic or put in containers opt for ones that are sold individually. Bring reusable bags to grocery stores to carry all of your food. Eco-friendly [Jute bags](#) or a [USA made organic](#) cotton bag are great options.
2. Buy locally grown food. Going along with the first idea [USA made](#), homegrown fruits and vegetables are better for the environment. The food did not have to travel far and not as much energy was used in getting them to your local market. Also try eating at restaurants that serve locally grown food as well.
3. Do not drink disposable bottled water. The bottles are all filled in one place but then are shipped all over the world. Using [reusable bottles](#) are a great alternative. [USA made aluminum bottles](#) are also a great option to be cool and fashionable this spring.
4. Unplug It. Unplug computers, appliances, hair tools, and anything else that uses a plug when they are not in use. Keeping them plugged in uses unnecessary amounts of energy and makes your bill go up. Opt for [solar power](#) electronics and buy power strips for your home and office.
5. Reduce, Reuse, Recycle. This phrase may seem over played but the message is still a strong one. Buy less when you can. Certainly, reuse bags but what about the larger decisions? Ask yourself, "Do I really need those new clothes or that new car?" And regardless of your decision, recycle anything that can be recycled.

These are just a few suggestions to making Earth Day every day. Following these steps and slowly adding more eco-friendly ideas will help save the environment and promote a better Earth.



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