

CARE FOR CREATION

IN YOUR HOME

1. Turn off the air conditioner and open your windows; use an overhead fan in the summer. You'll get some fresh air into your house.
2. Wear a sweater in the winter. You might be able to edge down your thermostat a couple of degrees if you can be comfortable in a light sweater. And a lap afghan or quilt can be cozy when you're curled up on the sofa in the evening.
3. Change your light bulbs. LED bulbs are brighter and cheaper over the longer un than CFL (compact fluorescent) or incandescent light bulbs. LED bulbs may cost a little more at the outset but, they last 3 times as long as CFL and 20 times as long as incandescent. And you'll use almost twice as much electricity to run a CFL and 5.5 times as much to run an incandescent as you will an LED.
4. Open the curtains, drapes and blinds and let the sun in. You won't need to turn on the lamp and sunlight makes you feel good.
5. A full freezer doesn't have to work as hard to stay cold as a half-full one. Don't forget to defrost it at least once a year (or when the frost gets to be about 1/4" thick) to keep it working efficiently.

HOW YOU LIVE

1. Compost. Instead of throwing away unused food scraps, put them in a bin with organic material like leaves or grass clippings. These scraps will turn into rich compost that you can use in your gardens. You can compost all vegetable and fruit scraps, coffee grounds, tea bags, and egg shells. 20-30% of what Americans throw away can actually be composted (Do not place meat or dairy products in your bin or they will slow down the composting process and will attract wild animals, dogs and flies.)
2. Don't dawdle in the shower. For every minute you're in the shower, you use an estimated 2.5 gallons of water. Time yourself one morning to see how long you actually need to bathe.
3. Check your car's tire pressure. Properly inflated tires improve the car's gas mileage. This will not only decrease your carbon emission but also save you money.
4. Clean out your car. With less junk in the trunk to weigh it down, you'll get better gas mileage - save on pollution and on your budget.

TURN IT OFF

1. Turn off the lights when you leave the room. Teach your children early and make it a habit.
2. When appliances are not in use they should be unplugged. The socket draws electricity even when it is off. Some items that are often plugged in when not in use are blow-dryers, phone chargers, electric kettles, and coffee pots. Look around your house and find what can be unplugged.
3. Turn off the tv, radio and computer when you're not using them. They suck up a lot of electricity when you walk away without powering down
4. Go paperless, if you can. A lot of reports from insurance companies, banks, investment firms, etc. can be delivered to you electronically — that will save paper and trees. You can also cut down on junk mail by searching the internet for websites that will help you opt out of receiving unwanted mail. One of these is catalogchoice.org which lets you note the catalogs you've been getting and don't want do they won't be delivered anymore.

BRING THE OUTDOORS INSIDE

1. Buy a houseplant — they will improve air quality. And your houseplant doesn't have to be just decorative — you can add an herb to the kitchen windowsill.
2. Decorate with a fresh-cut Christmas tree this holiday instead of putting up an artificial one. There's something wonderful about bringing in a pine-scented green tree in the middle of winter. And while they're growing, real Christmas trees support life by absorbing carbon dioxide and other gases and emitting fresh oxygen. The farms that grow these trees stabilize soil, protect water supplies and provide refuge for wildlife while creating scenic green belts. We have a lot of them in our corner of North

Carolina — find one. And when the holiday is over these trees make great wildlife habitat if you have a yard big enough for it or you can put it on the curb for your community's mulching program.

3. Once in a while splurge on some cut flowers for your house — or cut them from your garden. They'll brighten up the room and make you feel special.

GET OUTSIDE

1. Use a clothesline when the weather is good. Not everything has to go in the dryer. One of the most wonderful smells on earth is line-dried sheets. And while you're hanging out clothes you also get a chance to slow down and pay attention to nature .
2. You don't have to stay indoors when it gets dark. Take time to enjoy the night sky, lightning bugs or fire pit in the backyard. You'll not only enjoy nature but you'll have a chance to talk to family and friends instead of sitting in front of an isolating tv or computer screen.
3. Spend time outside every day. Take time to appreciate the outdoors — go for a walk, play with your kids, play sports, or go to the park. Find ways to enjoy challenging weather such as snow, rain, and heat. Enjoy God's beautiful creation.
4. Teach your kids (or grandkids!) about nature. Take them on a walk or a scavenger hunt. Take them camping with you. Collect natural objects and display them on a table or shelf on the porch. Spend time together looking things up in a book or the computer to learn more. These are special moments you can share.

NATURE'S BOUNTY

1. Grow your own garden. Flowers can make you happy. Trees can shelter you from weather and help clean the air. And vegetable taste fresher and won't carry over a lot of pesticides if you grow some of your own.
2. Help save bees. Wild and domestic honey bees perform about 80% of all pollination worldwide, including 70 of the top 100 human food crops supplying 90% of the world's nutrition. This part of North Carolina is blessed with many bee keepers so help support them in their crusade to keep bees alive by buying local honey. You can also plant flowers that have lots of nectar to attract bees. They especially like native and old fashioned flowers in blue, purple, violet, white and yellow colors.

THE FOOD ON YOUR TABLE

1. Eat your leftovers. Americans throw away 25% of the food they buy. This is a waste not only of your money, but it puts an added burden on land fills and saves energy that it takes to produce food.
2. Take advantage of local farmer's markets. You can often get fresher produce grown close to home (so it has a smaller energy footprint) and support local growers at the same time. This is especially great if you don't have the time, inclination or room to grow your own either for eating right away or for freezing and canning.
3. Once a week leave meat off the menu. There are so many vegetarian based recipes — ask friends for their favorite or check out the internet.
4. Try cooking a one-pot meal. By using one pot to cook your meal, you save on electricity, gas, and water; which reduces your footprint and may even give you leftovers for the week.

WHAT YOU USE

1. Conserve water. How many gallons of water go down the drain because you leave the faucet running while you brush your teeth. How about when you are trying to get the water to warm up to wash your hands or the dishes. You can put an empty container under the faucet and catch this runoff and use it next time you need to water your garden.
2. Check cabinets for expired medicine and properly dispose of them. Avoid flushing medicines and other dangerous chemicals in the toilet or washing them down the sink. Instead, find your local med disposal location and take them there. This will help keep water clean and drug-free for ourselves, wildlife, and crops.

3. Use “green” arts and crafts supplies. You can find things like recycled paper for those drawing projects. And don’t forget nature supplies us with some wonderful things like twigs, pinecones, driftwood, seashells, etc.
4. Buy the economy-sized refill bottle to fill up your hand soap dispensers, etc., instead of buying the little bottle when the first one gets empty.

JOBS AROUND THE HOUSE

1. Use green products around your home. Some surface sprays, detergents, wipes, and soap are ethically sourced and have a low impact on the environment. You can even go the old fashioned way and check the internet for homemade products, like those that use vinegar.
2. Wash your laundry in cold water. A lot of stains will set in warm or hot water, which can also wrinkle and shrink clothes. An estimated 75 to 90 percent of all the energy your washer uses goes to warming up the water, so switching to colder water can lower your gas or electric bill.
3. Don’t do partial loads of laundry. Save up those dirty clothes and only run the washer and dryer when you have a full load.

USE YOUR OWN

1. Invest in some canvas or vinyl grocery bags and quit bringing home plastic and paper bags from the store. But don’t feel bad if you bring home the store’s bags once in a while if you need them for pet litter.
2. Next time you go out to eat, bring a reusable container for your leftovers. Keep a clean one in the car so you won’t forget it.
3. What disposable items in your life could you replace with a reusable option? How about using cloth napkins, reusable lunch containers, and drinking bottles — 30 billion plastic water bottles are thrown away each year — it takes about 1.5 million barrels of oil to produce that amount of plastic — it takes plastic bottles about 1,000 years to decompose.
4. Take your own coffee mug to the coffee shop.

USE IT AGAIN

1. Buy it used. You can visit second-hand stores and pick up some great deals at lower costs. Look for used books, old furniture, home decorations, etc. And speaking of books — take advantage of our great library.
2. Use scrap paper —how many times did you print the wrong thing from your computer? Stack or bundle slips of paper together to take notes on by the phone or to write the shopping list on.
3. Use plates, glasses and flatware instead of disposable plastic or paper at picnics, family get-togethers or other celebrations.

LETS GET TOGETHER

1. Pick up trash in your neighborhood. Or find a community organizations that has a trash pickup project on area roads and hiking trails.
2. Use “green” transportation. Can you walk to where you need to go? Or Bike? Or carpool. These alternatives will increase your physical health, let you slow down and enjoy some time on your own, or give you a chance for fellowship.
3. Our community offers recycling bins in two locations. Make sure you know what can be recycled and that you are putting it in the proper bin and in clean condition. Too often unacceptable items are recycled and “contaminate” a whole load of things that could otherwise have been recycled

GET POLITICAL

1. Watch local politics for any environmental initiatives on the ballot. See if you can participate in projects, events, or committees in our city and county.

2. Contact your U.S. Congressmen to let them know what's important to you on the environmental front, whether it's alternative energy, climate change or emissions. You can find your U.S. Representative at <https://www.house.gov> and your U.S. Senator at <https://www.senate.gov>
3. Vote. This is one of America's greatest privileges, but it's also our most responsible duties. Research the candidates up for election and learn how they feel about environmental issues. Let them know this is a priority for you.

BE PART OF THE WORLD

1. Learn about the Indigenous People who used to live on our land. Indigenous People's Day is October 14 so take some time to acknowledge the indigenous people who came before us when you pray. And learn about how they related to the land and took care of it where we live today.
2. What national celebrations can you participate in to opt-out of wasteful practices. There's one for getting outdoors instead of going shopping on Black Friday. There's one for turning off your lights at night to enjoy a natural night sky. How many can you find and join?
3. Observe Earth Day 2020. Turn off the tv, radio, lights, etc. Get outside. Plant a tree. Go for a walk. Join us at St. Paul's for our celebration of the earth.
4. In your charitable donations don't forget organizations which support enjoyment of and conservation of the earth's resources. Consider a national park, a wildlife society or a hiking and trail building group.