

THE EARTH: YOUR WORLD, YOUR RESPONSIBILITY

7 WAYS TO SHOW YOU CARE

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THINK TWICE BEFORE YOU TRASH IT: COMPOSTING!

Composting stops needless waste and keeps landfills from overflowing. Landfills are the U.S.'s third largest source of methane emissions! Composting also suppresses plant diseases, enriches soil, and reduces the need for chemical fertilizers! Yard scraps and food waste make up 20-30% of what we throw out - a majority of which could be composted instead! To start composting, follow some simple instruction found in this link: <https://bit.ly/1q6Cr9V>

THINGS TO COMPOST:

- Fruit and vegetables
- Coffee/Tea remnants
- Coffee filters
- Grass/Weeds
- Leaves/Flowers
- Napkins/Paper Towels
- Animal Hair
- Shredded paper
- Paper Bags
- Cooked plain rice/pasta
- Stale bread
- Corn husks/cobs
- Egg shells
- Dryer & Vacuum cleaner lint



BE SMART: WATER BOTTLES, STRAWS, AND BAGS

Americans throw away 2.5 million plastic bottles every hour, and 1 million seagulls and 100,000 marine animals die from ingesting plastic straws every year.

The energy we waste using bottled water would be enough to power 190,000 homes - that's roughly 63 homes for every individual at Broughton High School!

The Great Pacific Garbage Patch, which is a concentration of marine debris in the ocean, is currently three times the size of the country of France. The straws, bottles, and bags we throw away just add to the Patch, which is toxic and dangerous for many marine animals.

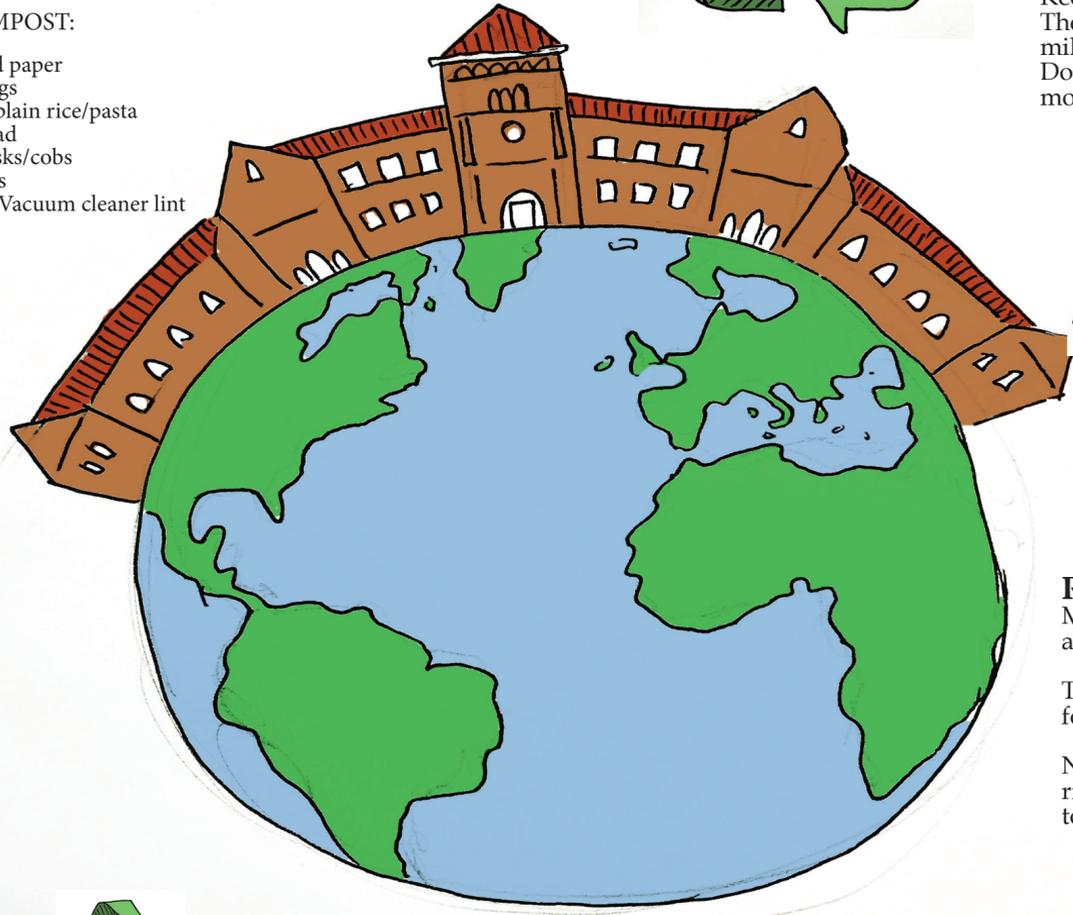
Sea turtles, fish, whales, sea lions, dolphins, and sea-birds often mistake plastic debris as food, and the plastic will either choke them or rupture their stomach lining, causing them to starve to death.

Plastic bags can take up to 1,000 years to completely degrade. They are made from petroleum products and natural gas, both non-renewable resources, and their manufacture helps to drive up gas prices.



SOLUTIONS:

- Use *reusable straws!* Buy them at local grocery stores or online, and place them in purses, cars, and kitchen cabinets.
- Keep *cloth bags* in cars and at home and use them while shopping for clothes or food.
- Buy a *reusable water bottle* - this saves money and the environment at the same time!



CHECK YOUR CASH: STAY CRUELTY FREE!

A multitude of makeup, clothing, and house cleaning products are tested on animals. Over 100 million animals are burned, crippled, poisoned, and abused in US labs every year.

Several cosmetic tests commonly performed on mice, rats, rabbits, and guinea pigs include: skin and eye irritation tests where chemicals are rubbed on shaved skin or dripped into the eyes without any pain relief. Animal testing is completely unnecessary, and there are alternative methods that works with more reliability. Learn more here: <https://bit.ly/1SAovAZ>

CHECK OUT THIS LIST OF CRUELTY FREE BRANDS AND PRODUCTS:

<https://bit.ly/1lTuhQD>



REDUCE, REUSE, RECYCLE

REDUCE:

Reducing impact now keeps Earth healthy for future generations.

- Turn cars OFF when not driving. Roll down windows instead!
- Leaving cars at home for just two days out of the week saves 1,590 pounds of greenhouse gas emissions per year
- Turn lights OFF when leaving a room. Electricity costs money, and wastes greenhouse emissions.
- Disconnect water and electricity when going on vacation!
- Turn water off when brushing teeth and reduce shower time.

Two thirds of the world's population is projected to face water scarcity by 2025, according to the United Nations.

Keep that in mind when turning on the tap! The United Nations Food and Agricultural Organization estimates that 795 million out of the 7.3 billion people on Earth suffer from malnourishment. Don't throw leftover food away. Join the clean plate club or save it for tomorrow!

REUSE:

Reusing small home items, even just once or twice, can make a huge difference on the environment. Let creativity flow! Check this site out to find ways to repurpose things around the house.

Turn jars into vases, take extra coffee and make coffee ice cubes for future iced drinks, or rinse out plastic bags. Do what is sustainable instead of what is convenient!



<https://bit.ly/2pIiCaR>



RECYCLE:

Making paper from recycled paper reduces the related contribution to air pollution 95%.

There's a white paper bin in every classroom, as well as a recycle bin for bottles and cans! Use them!

Next time an Amazon package arrives at the door, put the box in the right place! Recycling cardboard only takes 75% of the energy needed to make new cardboard.



"Our population and our use of the finite resources of planet Earth are growing exponentially, along with our technical ability to change the environment for good or ill." -

Stephen Hawking