



## 250 Ways to Help the Earth

*In recognition of the City's 250<sup>th</sup> anniversary and Earth Day, here is a list of 250 ways that you can help the Earth. Happy Earth Day!*

1. Reduce your consumption by only buying what you truly need.
2. Reuse items whenever possible to give them a second life.
3. Recycle materials like paper, plastic, and metal to reduce waste sent to landfills.
4. Walk or bike for short distances.
5. Invest in reusable shopping bags.
6. Repair items instead of replacing them.
7. Educate yourself and others on what is recyclable where you live.
8. Make sure items are clean and dry before recycling them.
9. Opt for energy-efficient appliances.
10. Switch to LED light bulbs.
11. Use public transportation.
12. Carpool whenever possible.
13. Plant trees in your community.
14. Support renewable energy initiatives.

15. Conserve water by taking shorter showers.
16. Buy locally produced goods.
17. Support farmers' markets.
18. Reduce meat consumption.
19. Choose sustainably sourced seafood.
20. Eat produce that is in season.
21. Avoid single-use plastics.
22. Bring your own reusable water bottle and coffee cup.
23. Use eco-friendly cleaning products.
24. Avoid products containing microplastics.
25. Dispose of hazardous waste properly.
26. Participate in beach or river cleanups.
27. Volunteer for environmental organizations.
28. Advocate for green policies in your community.
29. Educate others about environmental issues.
30. Reduce paper usage by going digital.
31. Print double-sided whenever possible.
32. Opt for electronic bills and statements.
33. Unplug electronics when not in use.
34. Use power strips to easily turn off multiple devices.
35. Set your thermostat a few degrees lower in winter and higher in summer.
36. Insulate your home to conserve energy.
37. Seal drafts around windows and doors.

38. Support companies with strong environmental commitments.
39. Donate gently used items instead of throwing them away.
40. Shop at the thrift store for new clothes.
41. Shop at the thrift store for household items
42. Support clothing brands that use sustainable materials.
43. Wash clothes in cold water.
44. Air-dry clothes whenever possible.
45. Mend clothes instead of discarding them.
46. Use a reusable razor instead of disposable ones.
47. Switch to menstrual cups or reusable pads.
48. Use cloth diapers instead of disposable ones.
49. Use rechargeable batteries.
50. Bring your own containers for leftovers when dining out.
51. Support restaurants that prioritize sustainability.
52. Choose eco-friendly travel options, take a train instead of flying.
53. Offset your carbon footprint when traveling.
54. Explore local destinations for vacations.
55. Practice responsible camping and hiking.
56. Minimize food waste by planning meals and storing food properly.
57. Donate excess food to shelters or food banks.
58. Support food rescue organizations.
59. Grow your own food, even if it's just herbs on a windowsill.
60. Participate in community gardens.

61. Use natural pest control methods in your garden.
62. Avoid using chemical pesticides and fertilizers.
63. Support organic farming practices.
64. Advocate for sustainable agricultural policies.
65. Reduce food packaging waste by buying in bulk.
66. Support initiatives to reduce food waste in stores and restaurants.
67. Opt for digital invitations instead of paper ones.
68. Use cloth napkins instead of paper ones.
69. Use rechargeable or solar-powered outdoor lights.
70. Support wildlife conservation efforts.
71. Create a wildlife-friendly garden with native plants.
72. Provide water sources for birds and other wildlife.
73. Reduce light pollution and save energy by using motion-sensor lights.
74. Use natural alternatives to chemical air fresheners.
75. Reduce consumption of fast fashion.
76. Support clothing rental services.
77. Learn to repair and maintain your clothing.
78. Choose durable and timeless clothing items.
79. Host clothing swaps with friends and family.
80. Avoid products containing palm oil unless certified sustainable.
81. Support companies with deforestation-free supply chains.
82. Reduce your consumption of single-use beauty products.
83. Choose eco-friendly and cruelty-free cosmetics.

84. Opt for products with minimal or recyclable packaging.
85. Choose natural and biodegradable fibers for clothing and textiles.
86. Minimize use of disposable cleaning wipes.
87. Make your own cleaning products using simple ingredients like vinegar and baking soda.
88. Use a reusable cloth instead of disposable paper towels.
89. Encourage children to play outdoors and connect with nature.
90. Support environmental education programs in schools.
91. Recycle old electronics responsibly.
92. Stream music and videos instead of buying CDs or DVDs.
93. Purchase products made from recyclable materials.
94. Choose eco-friendly office supplies.
95. Opt for electronic signatures instead of paper ones.
96. Share resources with coworkers to reduce waste.
97. Use a reusable lunch bag or container.
98. Bring your own utensils and plates to work.
99. Support restaurants that use compostable takeout containers.
100. Opt for virtual meetings instead of traveling.
101. Use telecommuting and remote work options when possible.
102. Reduce printing by sharing documents electronically.
103. Support companies with sustainable supply chains.
104. Support companies with take-back programs for products.
105. Minimize use of disposable party decorations.

106. Use reusable plates, cups, and utensils for parties.
107. Serve drinks in pitchers instead of individual bottles.
108. Opt for experiences or consumables as gifts instead of physical items.
109. Support local artisans and craftsmen.
110. Donate to environmental organizations in someone's name as a gift.
111. Choose eco-friendly options for holiday decorations.
112. Use biodegradable confetti or flower petals instead of plastic.
113. Opt for biodegradable pet waste bags.
114. Spay or neuter your pets to reduce overpopulation.
115. Use eco-friendly litter for cats.
116. Choose durable and non-toxic pet toys.
117. Install bird feeders and birdhouses in your yard.
118. Support initiatives to protect endangered species.
119. Volunteer for wildlife monitoring and conservation projects.
120. Educate others about the importance of wildlife conservation.
121. Insulate your home to reduce heating and cooling costs.
122. Set your thermostat to save energy when you're away from home.
123. Turn off lights and electronics when you're not using them.
124. Support policies and initiatives that promote renewable energy.
125. Purchase an electric or hybrid vehicle.
126. Fix leaks in faucets, toilets, and pipes to prevent water waste.
127. Install water-saving devices like low-flow showerheads and faucets.
128. Collect rainwater for outdoor use with a rain barrel.

129. Water your lawn and garden early in the morning or late in the evening to minimize evaporation.
130. Choose water-efficient landscaping and plants for your yard.
131. Use a broom instead of a hose to clean outdoor surfaces.
132. Use a bucket and sponge to wash your car instead of a hose.
133. Wash your car on grass or go to a commercial carwash where the water will be filtered and treated instead of flowing into a storm drain.
134. Install a drip irrigation system for your garden to minimize water waste.
135. Mulch around plants to retain moisture in the soil.
136. Use a front-loading washing machine to save water and energy.
137. Use a dishwasher instead of hand washing dishes to save water.
138. Only run the dishwasher and washing machine when they're full.
139. Use a compost bin to turn organic waste into nutrient-rich soil.
140. Compost food scraps - coffee grounds, unwanted leftovers, non edible produce.
141. Compost yard waste - fallen leaves, grass clippings, and sticks.
142. Compost paper products - used napkins, paper plates, newspapers.
143. Use compost as fertilizer for your garden and landscaping.
144. Plant trees to provide shade and reduce energy usage.
145. Choose plants that attract pollinators like bees and butterflies.
146. Use a push mower or electric mower instead of a gas-powered one.
147. Landscape with permeable materials to reduce runoff and conserve water.
148. Install a rain garden to capture and filter stormwater runoff.
149. Group plants with similar water needs together in your landscaping.
150. Use a hose nozzle with a shut-off valve to control water flow.

151. Refrain from releasing balloons at events, they can pose serious harm to wildlife when they land in natural habitats.

152. Clean up after your pet, pet waste can contribute harmful bacteria to storm drains and watercourses.

153. Avoid idling your car to save fuel and prevent fuel emissions.

154. Install solar panels on your roof to power your home.

155. Participate in community solar projects.

156. Opt for an electric stove in your home instead of a gas stove

157. If you see litter on the ground, pick it up!

158. Utilize natural light during the day time instead of turning on the lights.

159. Remove invasive plants that are overtaking an area.

160. Repair your vehicle as quickly as possible. Rain and runoff can carry motor oil and other vehicle fluids from the road into storm drains and then our waterways.

161. Limit electricity use during peak hours.

162. Turn off the tap when you are brushing your teeth, shaving or washing your face.

163. Skip the straw at home and when dining out.

164. Recycle glass jars and bottles at Pitt County collection sites.

165. If you need an item for a one time use, try to borrow from a friend or neighbor instead of buying.

166. Brew coffee at home instead of buying single-use pods.

167. When you're shopping online, combine your orders into a single shipment by clicking the "fewest packages/deliveries possible" option.

168. Choose the slowing shipping option for online orders.

169. Confused about where to start if you want to help the planet? Start by taking inventory of your current level of carbon emissions, known as your carbon footprint: Carbon Footprint Calculator.

170. If you can, take the stairs instead of an elevator.
171. Opt for digital receipts instead of physical copies.
172. Don't overlook slightly imperfect produce, they are often perfectly fine but get thrown away.
173. Use low-VOC paint.
174. Make sure your vehicle's tires are inflated, deflated tires reduce gas mileage.
175. Combine errands and reduce trips.
176. Cook and freeze food before it goes bad to avoid having to toss it.
177. Get creative with your leftovers. Before you shop, use the food you already have.
178. Invest in reusable straws.
179. Clean your countertops with a rag instead of paper towels.
180. Cancel unwanted mail subscriptions to reduce paper waste.
181. Pack light to reduce fuel consumption during travel.
182. Respect wildlife and natural habitats when exploring nature.
183. Use natural ventilation to reduce the need for air conditioning.
184. Use ceiling fans to circulate air and reduce reliance on air conditioning.
185. Invest in durable, high-quality goods that will last longer and reduce the need for replacements.
186. Preserve excess fruits and vegetables through canning, freezing, or drying.
187. Set refrigerator and freezer temperatures to recommended levels to avoid excess energy usage.
188. Use energy-efficient cooking methods like steaming or pressure cooking.
189. Pack snacks in reusable containers or snack bags instead of single-use plastic wrappers.

190. Replace disposable cotton pads or rounds with reusable cloth pads for makeup removal and skincare.
191. Stop buying single use water bottles.
192. Buy a bamboo toothbrush.
193. Learn how to make your own clothes.
194. Challenge yourself to a vegan diet for the day.
195. Bike to work.
196. Bring plants indoors. Houseplants not only consume CO2 but can help purify the air by removing harmful chemicals.
197. Wrap your holiday presents with newspaper or reused paper instead of buying wrapping paper.
198. Reduce, reuse, THEN recycle.
199. Never dump anything except for water into a storm drain.
200. Take showers instead of baths.
201. Avoid using the toilet as a wastebasket. Most tissues, wrappers, dust cloths, and other paper goods should be properly discarded in a wastebasket.
202. Use a soap or shampoo bar instead of a bottle to eliminate plastic.
203. Say no to plastic cutlery when ordering takeout.
204. Opt for smaller plates of food and go back for seconds if you're still hungry.
205. Wait 30 days before making a purchase.
206. Vote.
207. Don't bag your recyclables– plastic bags are not recyclable.
208. Safely dispose of your cooking oil.
209. Use laundry detergent strips instead of liquid detergent.

210. Downsizing your home, smaller homes typically require less energy, leading to a reduced carbon footprint.
211. Leave your leaves on your lawn instead of raking them.
212. Use sustainable menstrual products.
213. Download the City's Recollect App and utilize the sorting feature
214. Volunteer for the City's Environmental Advisory Commission.
215. Use solar-powered landscaping lights.
216. Install motion-sensor lights in outdoor areas.
217. Defrost your freezer regularly to maintain efficiency.
218. Insulate hot water pipes in your home.
219. Use task lighting instead of overhead lighting when possible.
220. Plant shade trees or install awnings to reduce sunlight in warmer months.
221. Join the City's Adopt-a-Street Program
222. Utilize natural pest control options.
223. Water your lawn or garden in early morning or late evening to minimize evaporation.
224. Scrape dishes instead of rinsing them before loading them in the dishwasher.
225. Use a pool or hot tube cover to reduce evaporation.
226. Monitor and replace gaskets for water hoses as needed.
227. Reuse water from cooking pasta or vegetables to water plants.
228. Install a rain sensor for irrigation systems to limit unnecessary watering.
229. Turn off the water when brushing teeth or shaving.
230. Wash clothes in cold water when possible.
231. Stay within the speed limit when driving.

232. Keep lids on pots and pans while cooking to retain heat.
233. Opt for reusable cooking utensils, dishes, and containers.
234. Avoid pre-packaged and processed foods.
235. Volunteer or contribute to a conservation organization.
236. Bring your own reusable food container to a restaurant for any leftovers.
237. If you see trash on the sidewalk or street, pick it up.
238. Organize a free bike repair clinic to encourage cycling as a sustainable transportation option.
239. Attend the City's Arbor Day event on April 26 at 11 a.m. at Wellcome Middle School.
240. Avoid using weed killers such as Round Up.
241. Clean debris from stormwater drains near your home.
242. Read e-books instead of paper ones.
243. Utilize electric blowers or electric/manual hedge trimmers for yard work.
244. Explore the idea of "Meatless Mondays".
245. Clean recyclables such as food containers or plastic bottles before recycling them.
246. Volunteer for the City's Multimodal Transportation Commission.
247. Place yard waste at the curb, NOT in the street.
248. Advocate for the implementation of "green roofs" on buildings in urban areas to reduce the urban heat island effect, improve air quality, and provide habitats for wildlife.
249. Opt for emails instead of written communication.
250. Work with local governments to implement tree protection ordinances.