Earth Day

Join us to take action to **restore our Earth**!

- **Pick up trash** while enjoying your outdoor activities. It's a great way to save that plastic bottle cap from the landfill.
- It's time to **start plogging** (picking up trash while jogging)! This is a fun and effective way to get a workout while cleaning your community.
- Learn simple ways you can act to **combat plastic pollution**.
- **Fight food waste by composting**! Learn how you can make a difference.
- **Buy local food** to reduce the distance from farm to fork. Buy straight from the farm, visit your local farmers market or join a local food co-op.
- Change your diet to fight climate change! Try participating in meatless Mondays! Check out some **plant-based recipes**.
- **Use a reusable water bottle** to make a big impact on your plastic consumption.
- **Avoid single-use plastic items**, and if possible, buy products in glass or paper.
- **Always read labels!** Use environmentally-friendly, non-toxic cleaning products to avoid washing toxic chemicals down the drain.
- **Meal prep** to help reduce your food waste.
- Try growing your own **garden** with your kids or grandkids!
- Start using a **reusable grocery bag**.
- Practice sustainable fashion! Donate your old clothes and home goods instead of throwing them out. When you need something, consider buying used items.
- Take a shorter shower and use a water-saving shower head.
- Save electricity. Turn off lights when you leave the room.
- Change your paper bills to online billing.

WORKING FOR A HEALTHIER TN

FOLLOW US!

TN.GOV/WFHTN
WFHT.TN@TN.GOV