



5 WAYS TO BE SUSTAINABLE DURING COVID-19

WRITTEN BY:

2018 HERlead Fellow Shelby O'Neil

With Earth Day approaching us during a worldwide pandemic, living sustainably has been sidelined for most people. Here are 5 ways you can live greener that come with built-in activities:

1 REPURPOSE ITEMS

Repurpose items around your house into other goods. Plastic milk jugs can easily be turned into bird feeders or birdbaths. And with extra time on your hands, now's a great time to go through your old shirts and repurpose them into reusable bags.

Remember to turn off electronic devices and lights when not in use. With more people being home the amount of power each household uses is expected to rise dramatically. One way everyone can cut down their carbon emissions is by flipping the switch off - your wallet will also thank you.

TURN OFF DEVICES 2

3 HOUSEHOLD WASTE AUDIT

An activity that will pass time while being informative is a household waste audit. By scanning all the items your household uses, you will get a true sense of just how many non-compostable items, such as plastics, you throw away without realizing. This activity can lead to rethinking household purchases by replacing with sustainable products, which greatly impacts our planet.



With shelter-in place throughout the majority of the world causing us to cancel our upcoming vacations, why not visit locations throughout the world while maintaining your social distance. Many aquariums, zoos and museums have virtual tours to help encourage the Center for Disease Control guidelines. Not only does it reduce your gas CO2 footprint, it also gives you insight into some of the most beautiful places in the world for free!

TRAVEL 4 VIRTUALLY

5 ADVOCATE FOR THE ENVIRONMENT

Most important, reach out to your local, state and federal government policymakers reminding them of the importance of our environment and the protective measures that need to be in place to protect our health and planet. We must all come together as one and we need to have our elected officials understand and believe in science.

I know the world is living in a very scary unknown time but please do not turn your back on Mother Nature. Cities such as Venice, Italy are experiencing clean canal water, and San Francisco has coyotes roaming the streets. While this will all certainly change once the shelter in place is removed and people are moving around again freely, let us hope there is a healthy balance for all of Earth's inhabitants.