

Fun ways to celebrate Earth Day, even after it's over.

There is no denying that the pace of our lives has been affected by this global pandemic. The Coronavirus has forcefully slowed our social lives, our travels, our goals, our cash flows, and our workflows, among other things. For many of us, these semi-apocalyptic times have offered up some time and space for reflection... and some silver linings might very well be inherent in those reflective processes and the greater sense of awareness that is commonly the outcome of such endeavors. Some of my most common thoughts have been, "How can I help?" "Where should I start?" "Am I taking more [resources] than my daughters and I need?"



Lately, I've seen more people outdoors than I have in years. And I can't help but think about the infinite opportunities that we have at this time to get to know our environment better, connect to it more deeply, and grow our sense of responsibility toward it, and **take appropriate actions**. Intentionality towards each other and our environment means maximizing resources and minimizing waste, which is always important, yet more so now than ever before.

Below, I have listed some simple, cost-effective ways to help both oneself and the planet we inhabit.



1. **Grow your garden from kitchen scraps!** There is no need to go to the store and spend money on seeds. This link can provide you with a variety of ideas and easy steps to get started. <https://www.epicgardening.com/25-plants-that-you-can-regrow-from-your-kitchen-scrap/>

2. **Start composting in your backyard!** Reduce your need for chemical fertilizers, encourage the production of beneficial bacteria that will give nutrients back to the soil, and do your part to help reduce methane emissions from landfills. This link from the EPA site will show you exactly how. <https://www.epa.gov/recycle/composting-home>

3. **Use (and buy) fewer chemicals!** Every dollar we spend is a vote for the kind of world we want. Say no to harsh chemicals that are harmful to our environment and human health. Here is a link to Good Housekeeping's most recent list of homemade cleaners (and ingredients) that actually work, according to experts. <https://www.goodhousekeeping.com/home/cleaning/tips/a24885/make-at-home-cleaners/>

4. **Go fishing!!** You can literally Google "fishing spots near me" and come up with a helpful list of nearby bodies of water that are appropriate fishing holes. Be sure to bring gloves and a few bags for trash collection with you, as you're sure to find straws, and

plastic bags, bottles, and wrappers wherever you are. Help take care of your local ecosystems. Also—a good point... a fishing license is usually no more than \$20, and there are some single filets of fish at the store that are pricier than that! (Be sure you know what fish to eat and where you can eat fish from!)

5. **Save your used coffee grounds!** Here is a link to an article that describes lots of beneficial, eco-friendly ways to use them, from homemade fertilizer to scratch repair! <https://www.moneycrashers.com/ways-reuse-coffee-grinds/>

Happy 50th Earth Day!!!

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