Celebrate Earth Day

April 22—protect the Earth’s natural resources for future generations.

Earth Day is coming soon. What can you do to help celebrate?

1. **Unplug**—the TV, the computer, the tablet.
2. **Walk or ride your bike instead of driving**.
3. **Recycle more**. Step up your game by recruiting your family, reviewing your community’s goals or making a pledge.
4. **Invest in a reusable coffee mug or drinking glass**.
5. **Turn off lights and other electrical items**. Unplug what isn’t in use.
6. **Plant something, indoor or out**. All it takes is a small space to house fresh herbs or a small plant.
7. **Use earth-friendly cleaning products like lemon and vinegar**. They are safer for you and for your pets!
8. **Put recyclable bags in your car for grocery shopping**. It’s an easy way to remember them.
9. **Eat no meat**. Give a vegetarian or vegan recipe a try.
10. **Connect with nature**. Get outside.

Celebrate Earth Day

April 22—protect the Earth’s natural resources for future generations.

Earth Day is coming soon. What can you do to help celebrate?

1. **Unplug**—the TV, the computer, the tablet.
2. **Walk or ride your bike instead of driving**.
3. **Recycle more**. Step up your game by recruiting your family, reviewing your community’s goals or making a pledge.
4. **Invest in a reusable coffee mug or drinking glass**.
5. **Turn off lights and other electrical items**. Unplug what isn’t in use.
6. **Plant something, indoor or out**. All it takes is a small space to house fresh herbs or a small plant.
7. **Use earth-friendly cleaning products like lemon and vinegar**. They are safer for you and for your pets!
8. **Put recyclable bags in your car for grocery shopping**. It’s an easy way to remember them.
9. **Eat no meat**. Give a vegetarian or vegan recipe a try.
10. **Connect with nature**. Get outside.
Find more health and well-being information at wespath.org/benefits.