



ARTS FOR CLIMATE CHANGE



**BOOKLET OF DAILY
GREEN PRACTISES**

AT HOME

1. Reduce Single-Use Plastics:



Replace plastic bags, bottles, and straws with reusable alternatives made from sustainable materials.

Example: Use reusable shopping bags made of cloth or jute instead of plastic bags. When purchasing drinks, opt for a stainless steel or glass water bottle instead of buying bottled water.

Example: If you switch to using reusable shopping bags and avoid disposable plastic bags, you could save approximately 500 plastic bags per household per year, considering that the average American family uses that many plastic bags annually.

2. Energy Efficiency:

Use energy-efficient appliances and LED light bulbs. Consider smart thermostats to optimize heating and cooling.

Example: Replace incandescent bulbs with LED bulbs. For appliances, consider ENERGY STAR-rated products, such as refrigerators, washing machines, and dishwashers that consume less energy.

- Example: Replacing a single 60-watt incandescent bulb with a 10-watt LED bulb could save you around \$5 per year in electricity costs. If you replace 10 bulbs, that's a total savings of \$50 annually.



3. Conserve Water:



Install low-flow faucets, showerheads, and toilets. Collect rainwater for gardening and fix leaks promptly .

Example: Fix dripping faucets and install low-flow showerheads. Utilize a rain barrel to collect rainwater for watering your garden or plants

Example: Installing a low-flow showerhead can save approximately 2.5 gallons per minute . If you shower for 10 minutes a day, using a low-flow showerhead would save you 25 gallons of water Daily , which totals about 9,125 gallons annually .

4. Sustainable Gardening:

Create a compost bin for organic waste and choose native plants that require less water and maintenance.

Example : Start a compost bin for kitchen scraps (vegetable peels, coffee grounds) and yard waste (leaves, grass clippings). Plant native species like lavender or coneflowers, which are drought-resistant and attract pollinators.



Example: A compost bin can reduce food waste by 20% to 50% , meaning if you throw away 500 pounds of food waste a year, you can potentially compost 100 to 250 pounds** of it, which reduces landfill waste and provides nutrient-rich soil.



5. **Eco-Friendly Products:**

Use natural cleaning products and personal care items to reduce exposure to harmful chemicals.

- Example: By switching to natural cleaning products for 4 different surfaces in your home, you could potentially reduce your household chemical waste by 2-4 bottles of conventional cleaner per year, depending on usage frequency.

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IN THE WORKPLACE

1. **Remote Work Policies:**



Encourage remote work options to reduce commuting, which lowers carbon emissions.

Establish a flexible work-from-home policy that allows employees to work remotely several days a week to reduce commuting emissions

- Example: If a company implements a remote work policy that allows for 2 days a week of remote work, assuming an employee's commute is 30 miles round trip , this could save around 20,000 miles of commuting distance annually for a team of 50 employees.

2. **Green Office Supplies :**

Purchase recycled paper and eco-friendly office supplies.
Implement a paperless policy where possible

Example: Use 100% recycled paper for printing, and buy office supplies from vendors who practice sustainability like Staples' Sustainable Earth line.

Example: Switching to 100% recycled paper for printing can save approximately 2,000 gallons of water per ton of recycled paper produced. If your office uses 1 ton of paper per year, that's a significant water saving of 2,000 gallons.



3.Promote Recycling:



Set up recycling bins throughout the office and educate employees on what can be recycled, so employees know what can be .

Example: Implement a comprehensive recycling program, visibly placing bins for paper, plastics, and electronics. Provide educational materials recycled.

- Example: Implementing recycling can reduce waste by 30% to 50%. If your workplace generates 10,000 pounds of waste per year, recycling could result in saving 3,000 to 5,000 pounds from landfills each year.

4. Energy Awareness:



Encourage employees to turn off lights and unplug devices when not in use. Consider energy audits to identify areas for improvement. : Organize "Power Down" events where employees commit to turning off all devices and lights at the end of the day. Conduct an energy audit to identify and address high-usage areas.

- Example: If employees commit to turning off lights and devices at the end of the day, assuming a workplace saves 5 kWh per day**, over a year for 250 working days, this could save approximately 1,250 kWh, equating to about \$150 to \$200 depending on local energy rates.

5. Sustainable Transportation:

Facilitate carpooling, provide bike racks, or offer public transportation subsidies to reduce the carbon footprint of commuting. Offer a bike-to-work program with incentives (like discounted gym memberships for employees who bike), and provide electric vehicle charging stations in the parking lot.

- Example: If the workplace incentivizes biking, and 20 employees use this program, and the average bike commute is 15 miles round trip , this could eliminate approximately 15,000 vehicle miles per year , significantly reducing CO2 emissions.



IN THE COMMUNITY

1. Community Clean-Up Events :



Organize or participate in local clean-up days to help maintain parks, beaches, and neighborhoods. Collaborate with local NGOs to hold regular cleanup days at parks or along waterways, providing trash bags and refreshments for volunteers.

Example : If a community group organizes a clean-up event attracting 100 volunteers , and each volunteer cleans up an area that yields 10 bags of litter , that totals 1,000 bags of litter removed from local parks and waterways.

2. Support Local and Organic:

Shop at local farmers' markets and support businesses that utilize sustainable practices. Shop at local farmers' markets, such as the local farmer's market every Saturday, supporting local agriculture and reducing the carbon footprint from food transportation

Example: Shopping at local farmers' markets instead of supermarkets can support them significantly. If a family spends \$50 weekly at the market instead of a chain store, over a year, that's \$2,600 spent locally.



3. Tree Planting Initiatives :



Get involved in or start tree-planting campaigns to improve air quality and provide habitats for wildlife. Partner with community organizations to plant trees in urban areas, providing shade and improving air quality. Organize tree-planting days and educate participants about the benefits of trees.

Example: If a community plants 500 trees , this could potentially sequester 150 tons of CO₂ annually , based on studies indicating a mature tree can absorb approximately 48 pounds of CO₂ per year.

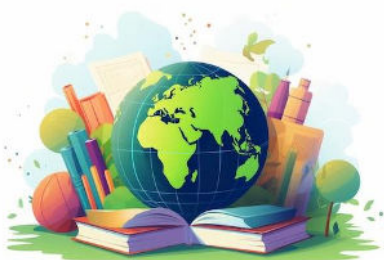
4. Advocate for Renewable Energy:

Support policies and initiatives that promote solar, wind, and other renewable energy sources in your community. : Join or support local advocacy groups that promote solar energy initiatives. Participate in campaigns that encourage local governments to invest in solar panels for public buildings.

Example: If a local advocacy campaign results in the installation of 100 solar panels across the community, this could generate about 150,000 kWh per year , which could power around 15 average-sized homes.



5. Sustainability Education :



Host workshops or seminars to educate community members about sustainable practices and the importance of environmental stewardship. Organize workshops at local schools or community centers teaching sustainable practices like gardening, composting, or energy-saving strategies, involving local experts to share their knowledge.

Example : Hosting community workshops that attract 50 participants each could lead to an increased awareness and adoption of sustainable practices, potentially resulting in a 25% reduction in waste generated by participants.

GENERAL PRACTICES

1. Reduce, Reuse, Recycle:



Always aim to reduce waste, reuse items when possible, and recycle materials properly. Create a household recycling station, where you sort paper, plastics, and metals. Donate unwanted clothing to thrift shops instead of throwing them away.

Example: If an individual reduces their waste by recycling and reusing, they might save 1,200 pounds of waste per year, as studies show the average person generates about 4.4 pounds of waste per day..

2. Buy in Bulk :

Purchase items in bulk to minimize packaging and reduce waste. Purchase pantry staples like grains, nuts, and dried fruits from bulk bins at stores that offer this section, using reusable containers to minimize packaging waste.

Example: By purchasing staples like grains or nuts in bulk and avoiding packaging, if a household typically buys 100 pounds of these items per year, going bulk could save around 25% on average, resulting in a savings of \$100 for that year.



3. Participate in Sustainability Programs :



Engage with local initiatives or organizations focused on climate action and sustainability. : Get involved in local environmental organizations, such as joining a community garden club or participating in sustainability fairs to learn and share ideas.

Example: If a local organization runs sustainability programs that have 200 participants , and each participant reduces their carbon footprint by 1 ton through various practices, that's a cumulative reduction of 200 tons of CO2.

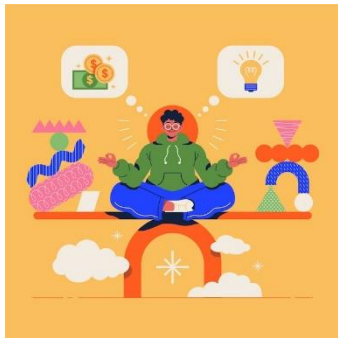
4. Stay Informed:

Keep yourself and others informed about environmental issues and sustainable practices through reading, seminars, and community involvement. Subscribe to environmental journals or newsletters (like National Geographic or Smithsonian) and engage with community discussions on platforms like Nextdoor or local Facebook groups.

Example: If a community educates 100 residents about energy-saving practices, an estimated 20% might follow through on implementing changes such as energy-efficient appliances, resulting in a combined savings of \$5,000 over time.



5. Mindful Consumption:



Consider the environmental impact of purchases, opting for quality over quantity and supporting eco-friendly brands. : Before purchase, ask yourself if you really need it. Follow the 30-day rule: Wait 30 days before buying non-essential items to ensure it's a necessary purchase. Choose high-quality, durable products instead of fast fashion

Example: By following the 30-day rule, if a person normally makes 12 impulse purchases a year averaging \$50 each, that would save them \$600 annually by thoughtfully considering their purchases.

These numerical examples demonstrate the tangible impact that individual and collective efforts toward sustainability can have. Implementing these practices contributes not only to environmental conservation but also provides financial savings and community benefits.

Failing to apply sustainable practices can have significant repercussions for both individual health and the broader environment. Here are some potential consequences:

HEALTH IMPLICATIONS

1. Increased Pollution:



Without reducing waste and practicing recycling, landfills overflow, leading to increased air and soil pollution. This can result in respiratory problems, cardiovascular diseases, and other health issues linked to poor air quality.

2. Chemical Exposure:



Improper disposal of waste, particularly electronic waste, can lead to hazardous chemicals leaching into the environment. These substances can contaminate water supplies and soil, posing health risks such as neurological and developmental issues, especially in vulnerable populations, like children.

3. Water Quality Decline:

With litter and waste accumulating in oceans and waterways, aquatic ecosystems suffer. Contaminated water can lead to issues like gastrointestinal illnesses and other serious health problems for people relying on these water sources.



4. Food Security and Nutrition:



Unsustainable farming practices can lead to soil degradation and decreased food production. This impacts food security and can result in nutritional deficiencies within communities, particularly among vulnerable populations.

5. Mental Health:

A polluted environment and lack of green spaces can contribute to increased stress, anxiety, and depression. Access to clean, green areas has been shown to have beneficial effects on mental health and wellbeing.



ENVIRONMENTAL IMPLICATIONS

1. Climate Change:



-Without adopting renewable energy and reducing emissions, the planet faces more severe climate change impacts. This includes extreme weather events, rising sea levels, and shifting ecosystems, affecting biodiversity and species survival.

2. Resource Depletion:

Unsustainable consumption leads to the depletion of natural resources like forests, water, and fossil fuels. This not only threatens wildlife habitats but also compromises future generations' ability to meet their needs.



3. Loss of Biodiversity:



Practices such as deforestation and habitat destruction lead to a decline in biodiversity. Ecosystem imbalance can result in the loss of species, which is critical to maintaining ecological harmony and resilience against diseases.

4. Food and Water Scarcity:

Unsustainable agricultural practices can lead to soil erosion and depletion of water resources. This results in diminished crop yields and scarcity of clean water, exacerbating poverty and hunger in many regions.



5. Economic Costs:



Ignoring sustainability can lead to increased costs for healthcare related to pollution and environmental degradation, as well as expenses for disaster recovery due to climate change effects. The economic burden impacts both individuals and governments.

CONCLUSION

By neglecting sustainable practices, we not only compromise our health but also the health of our planet. The interconnectedness of our actions emphasizes the urgency of making conscious choices today to ensure a healthier, more sustainable world for future generations. Implementing sustainable practices is vital for fostering a thriving ecosystem, improving public health, and ensuring a stable economic future.