



Association pour la santé environnementale du Québec
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30 Ways to Make Everyday Earth Day

As we approach Earth Day on April 22, 2024, it's crucial to reflect on the significance of this day dedicated to our planet. Earth Day serves as a powerful reminder of the importance of environmental awareness and action. It's a time to recognize the fragility of our ecosystems and the urgent need to protect and preserve them for future generations.

The significance of Earth Day lies in its ability to mobilize individuals, communities, and nations towards sustainable practices. It serves as a catalyst for raising awareness about pressing environmental issues such as climate change, biodiversity loss, pollution, and habitat destruction. By coming together on Earth Day, we reaffirm our commitment to safeguarding the planet and taking meaningful steps towards a more sustainable future.

Here are 30 easy changes you can make for Earth Day (and beyond) to reduce your environmental impact and promote sustainability:

1. **Start by Evaluating:** Assess your daily habits and purchases to understand their carbon footprint. Self-reflection helps make informed decisions for reducing environmental impact.
2. **Reduce Plastic Use:** Swap out single-use plastics for reusable alternatives like water bottles, shopping bags, and food containers.
3. **Conserve Water:** Fix leaks, take shorter showers, and consider installing water-saving devices like low-flow showerheads and faucet aerators.



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4. **Switch to LED Bulbs:** Replace traditional incandescent light bulbs with energy-efficient LED bulbs.
5. **Unplug Electronics:** Save energy by unplugging electronics when they're not in use or using power strips with on/off switches.
6. **Opt for Public Transportation:** Whenever possible, use public transportation, carpool, bike, or walk instead of driving solo.
7. **Plant Trees:** Plant native trees and plants in your yard or community spaces to promote biodiversity and absorb carbon dioxide.
8. **Support Local Farmers:** Buy locally produced food to reduce the carbon footprint associated with transportation and support local economies.
9. **Reduce Meat Consumption:** Incorporate more plant-based meals into your diet to lower your carbon footprint and reduce water usage.
10. **Compost Food Waste:** Start composting food scraps to reduce landfill waste and create nutrient-rich soil for gardening.
11. **Use Eco-Friendly Cleaning Products:** Choose only fragrance-free, least toxic products to minimize harm to yourself and the environment.
12. **Recycle Properly:** Learn what can and cannot be recycled in your area and make sure to recycle items correctly.
13. **Buy Secondhand:** Opt for buying used items whenever possible to reduce the demand for new products and lessen waste.
14. **Support Sustainable Brands:** Choose products from companies that prioritize sustainability and ethical practices.
15. **Reduce Paper Waste:** Use digital documents and emails instead of printing, and opt for recycled paper products when printing is necessary.



16. **Buy in Bulk from Plastic-Free Shops:** Purchase dry foods from plastic-free shops to reduce plastic packaging. Bulk ingredients are often available without packaging or in reusable containers.
17. **Reduce Use of Hot Water:** Cut down on your hot water usage by taking shorter showers, washing clothes and dishes in cold water, and using energy-efficient appliances.
18. **Repurpose Unused Items:** Give new life to unused or broken items. Use cloth scraps for cleaning, repurpose jars for storage, and repair instead of replacing. It saves money and reduces waste.
19. **Combine Errands and Trips:** Schedule activities in a way that avoids unnecessary back-and-forth trips, helping to save time and reduce environmental impact.
20. **Practice Mindful Consumption:** Consider whether you truly need a product before purchasing it and opt for quality items that will last longer.
21. **Support Renewable Energy:** If possible, switch to a renewable energy provider or invest in solar panels for your home.
22. **Reduce Food Waste:** Plan meals, store food properly, and compost leftovers to minimize food waste.
23. **Practice Conservation:** Support conservation efforts by volunteering, donating, or participating in local clean-up events.
24. **Use Reusable Products:** Replace disposable products with reusable alternatives like cloth napkins, razors, and menstrual cups.
25. **Donate Old Items to Charity:** Instead of throwing out old clothes and items, donate them to organizations or local missions.
26. **Educate Yourself and Others:** Stay informed about environmental issues and share your knowledge with friends, family, and community members.



27. **Enjoy Local Travel:** Choose local travel instead of overseas trips, and invest in alternative modes of transportation like train travel or electric vehicles.
28. **Support Wildlife Conservation:** Donate to wildlife conservation organizations and advocate for policies that protect endangered species and their habitats.
29. **Get Involved:** Join environmental organizations, attend local meetings, and participate in advocacy efforts to promote sustainability in your community.
30. Learn to **live a simple life.**

Remember, even small changes can make a big difference when it comes to protecting the environment. Start with one or two actions and gradually incorporate more sustainable practices into your daily life.