



*The LORD God took the man and put him in the Garden of Eden to work it and take care of it.*

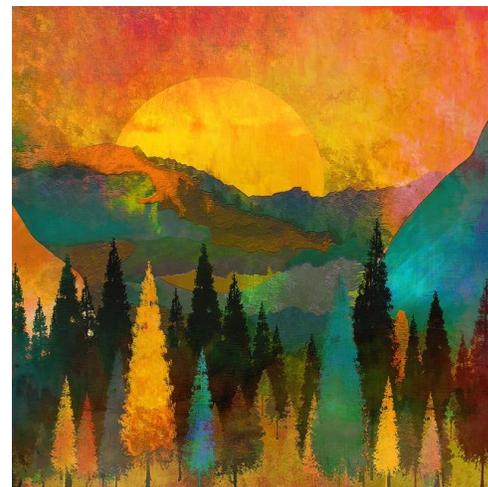
Genesis 2:15

## Earth Day is April 22<sup>nd</sup>

Our role, as stewards of God's creation, calls us to work toward the healthy environment that we all need and depend on for our existence.

### Did you know?

- An estimated 31% (131 billion pounds) of food materials are wasted in the U.S. each year.<sup>1</sup>
- It is estimated that 75 to 199 million tons of plastic is currently found in our oceans.<sup>2</sup>
- In 2020, renewable energy sources accounted for only about 12.6% of total U.S. energy consumption.<sup>3</sup>



### Things YOU and your family can do to help the earth:<sup>4</sup>

- ✓ **Conserve water:** Turn off the faucet while brushing teeth, fix leaking faucets, or take shorter showers.
- ✓ **Be conscious of car use:** Combine your errands into one trip, stay off the road two days a week or more if you can; and maintain your car on a regular basis. Walk, bike, take public transit or carpool.
- ✓ **Reduce, Reuse, Recycle:** Utilize re-usable bags for groceries; avoid disposable eating items; and recycle when possible. Use a refillable container instead of bottled water.
- ✓ **Give composting a try:** It's a great fertilizer and reduces the amount of solid waste produced.
- ✓ **Make your home more energy efficient:** Replace furnace air filters regularly; keep your window treatments closed when it's extremely hot and cold outside; change lightbulbs to LED and consider installing a programmable thermostat. Check local utility company for rebates and programs.
- ✓ **Eat sustainably:** Buy from local farmers or plant your own garden. Choose to eat less meat.
- ✓ **Pray for guidance and strength:** Change isn't always easy.

### References / Resources

<sup>1</sup>FDA <https://www.fda.gov/food/consumers/food-loss-and-waste>

<sup>2</sup> UN Environment Programme <https://www.unep.org/interactives/beat-plastic-pollution/>

<sup>3</sup> US Energy Information Administration <https://bit.ly/3D4OQ5a>

<sup>4</sup>10 things you can do to help save the Earth <https://bit.ly/3D9i0Am>

The Farm at St. Joe's <https://stjoesfarm.org/>

Earth Day 2022 <https://www.earthday.org/earth-day-2022/>