



Center's Tip of the Month: Earth Day 2013

-- Tips for building a healthier environment--

April is Earth Month and it's a perfect time to reflect about what we can do to protect our environment. There are so many additional steps we can take to clean up our planet — reduce your waste, recycle, support an environmental movement in your neighborhood! Protecting our environment has the added benefit of protecting our health by limiting harmful chemicals. On Earth Day, April 22, 2013, join us in celebrating the work that has been done and supporting the continued efforts to build a healthier environment!

CELEBRATE EARTH DAY

APRIL 22, 2013



Tips & Resources

What can you do? Reduce, reuse, recycle!

- ◆ Think about ways that you can reduce waste in your everyday life. Consider using cloth alternatives for shopping bags and napkins and try glass, ceramic or stainless steel containers for storing food.
- ◆ How can you reuse products rather than throwing them out? Try reusing glass jars from store-bought foods (i.e. jams and pasta sauce) for storing food and dry goods, such as flour, sugar and coffee.

What can you do? Support your local environment

- ◆ Join your tenant or block association. Talk with your neighbors about environmental problems in your neighborhood and how you can improve them as a community.
- ◆ Shop local! Buy at farmers' markets or join community supported agriculture (CSA's); these are great ways to support local farmers and cut down on emissions resulting from shipping of food. Learn more about CSA's at [Just Food](#).

What can you do? Attend Earth Day events

- ◆ Participate in an Earth Day event in your neighborhood — check out the [EPA's](#) website, [Earth Day New York](#), or contact local environmental organizations to find out about events near you.
- ◆ Attend WE ACT's Earth Month events, including their Earth Celebration at the West Harlem Piers Park and more! Check out the entire [calendar of events](#).

What can you do? Get informed

- ◆ Join the [Center's online community](#) and receive updates about environmental health.
- ◆ Help distribute educational materials from the Center – email us at cccehcolumbia@gmail.com.
- ◆ Sign up for air quality updates at www.cleanairny.org.
- ◆ Write or talk to your local elected officials. Find them at [Vote Smart](#).
- ◆ Stay up-to-date on environmental issues in your neighborhood by joining WE ACT's mailing list at www.weact.org!



Have questions? Want to learn more? Please email us at cccehcolumbia@gmail.com!



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