



CARE for CREATION TIP of the WEEK

May 21: Reusable mesh produce sacks are available for purchase at your supermarket, and replace single-use plastic bags. Your fruits and veggies will be happy in the breathable bags, and you will be happy that they are so much easier to open.

May 14: Keeping your heating and cooling system operating efficiently saves energy. It's important to have your home's ductwork cleaned and to replace your system's filter regularly. Turn off your HVAC on lovely spring days like today. Open the windows and let the fresh air in!

May 7: PLASTIC: Let's reduce what we trash! Many of the items you buy in the grocery store, or receive from Amazon, are in **reusable** plastic bags. If you can push a hole in it with your finger, it goes back to the grocery store to recycle to make TREX for decks, etc. Or save it to use again. Put a drop of liquid soap in it, fill it with hot water, swish it around, empty it, hang it to dry and use it again. No need to buy any more plastic bags!

April 30: Choose the cold cycle on your washing machine. By washing four out of five loads of laundry in cold water, you could cut 864 pounds of CO2 emissions in a year, an amount equivalent to planting 0.37 acres of U.S. forest, [according to the American Cleaning Institute](#). Modern laundry detergents, even those that aren't marked for cold-water use, are typically formulated to clean just as well at lower temperatures.

April 23: Make every day Earth Day. Care for the Earth in all you do. For example, in the car:

- Drive at the speed limit.
- Avoid sudden starts or stops.
- Don't overfill the fuel tank.
- Check the tire pressure monthly.
- Change air and oil filters regularly.

April 16: April is Earth's Month – what will you give back? With waste pollution entering our environment at an ever-increasing rate, it's time for major corporations to do their part. Costco can make a big impact right now by stopping its excessive use of bulk packaging. Will you sign our petition [here](#) today?

April 9: This is the best time of year to get out of the house and enjoy a walk while taking in our annual "resurrection" of Mother Nature. While on your walk, consider how you can help conserve this amazing world our Creator has given us.

April 2: Don't throw your coffee grounds out and no need to compost them. Save them in a canister next to your coffee pot. When it's full, sprinkle the grounds around the base of your evergreen trees and shrubs. Your hollies, pines and azaleas love the gentle acid in coffee grounds.

March 26: Give the gift of adventure and experience over factory-made products.

March 19: Caring for Water Resources. The average household's leaks can account for nearly 10,000 gallons of water wasted every year and ten percent of homes have leaks that waste 90 gallons or more

per day. Common types of leaks found in the home are worn toilet flappers, dripping faucets, and other leaking valves. An easy way to see whether your toilet tank is leaking into the bowl is to put a few drops of food coloring in the tank. If color shows up in the bowl before the next flush, you have a leak. Another way is to simply listen for non-stop running water in the toilet. Fixing water leaks can save homeowners about 10 percent on their water bills.

March 12: If you plan to add new plants to your garden or yard this spring, you should look for ones that are native to your area. These plants thrive with less watering or use of toxic sprays for pests. One source for locating plants native to your area is: www.audubon.org/plants. You can also check out the local master gardeners' website: mgnv.org

March 5: Beginning to feel like Spring. Some of us may be putting seeds or plants into the ground for food/flowers. Some of us do not have "green thumbs." But we can support local farmers, reduce food-transport costs & bad environmental effects, eat healthier and enjoy meeting other kindred souls when we **shop at area Farmers' Markets**. Most function over the weekends. Are costs sometimes a little higher? Yes, but still worth it!

Feb. 26: Go outside. Connecting with creation and being reminded of God's goodness is a powerful way to motivate ourselves and others to care for our Earth. Not only that, numerous research studies show spending time in creation is so good for us in many ways – mentally, physically and spiritually. Make some time this week to spend time in nature and give thanks for this beautiful world God created. Plant something in the garden, walk in your local reserve or find a nearby hiking track. Share with a friend or family member what you saw, heard and experienced. Give thanks to God for creating such a precious and amazing world.

Feb. 19: About 15% of global greenhouse emissions result from livestock farming — almost on par with those produced by all sectors of transportation. Each year the amount of forested land cleared for cattle grazing releases emissions equal to driving 600 million cars. This Lent give your health and the planet's health a boost and consume less red meat.

Feb. 12: By using vinegar to clean mirrors, kitchen counters, bathroom sinks, etc., you can save money and avoid buying more plastic spray bottles of cleaners that contain a lot of chemicals. Mix equal parts water and vinegar in a spray bottle. Use full strength vinegar to clean mildewed tile or grout.