

Ways to become more environmentally-friendly New Year's resolution

Most of us kick off the New Year in high spirits with ambitious resolutions, pledge to GO GREEN in New Year! Read on for all of the tips on how to make NEW YEAR a healthier, more prosperous year for you as well as for the Earth.

Take the GO GREEN Pledge

Choose new behaviors and save the planet!

Reduce, Reuse, Recycle

The three R's help to cut down on the amount of waste we throw away. They conserve natural resources, landfill space and energy. Limiting your waste by reusing and recycling can make a big impact on the environment. Reducing trash by 10% reduces carbon dioxide emissions by 1,200 pounds.

Reduce: The best way to manage waste is to not produce it.

Reuse: It makes economic and environmental sense to reuse products.

Recycle: It is a series of steps that takes a used material and processes, remanufactures, and sells it as a new product. Begin recycling at home and at work.

So
there will
be a
Tomorrow

Walk or Bike to Work

**WALK.
BIKE.
RIDE.**

Noise and carbon dioxide emissions have adverse effects, so make wise transportation choices. Instead of driving everywhere, walk, bike, carpool or take mass transit instead. These can help reduce petrol consumption as well as reduce 500g of carbon dioxide emission for each 1.5km you do not drive.

Live Clutter Free

Use New Year as an excuse to clean it up and get organised! Clear out the clothing, furniture and other stuff you do not need without sending it to a landfill by donating it to voluntary organisations work for destitute.



Buy from locals, adopt plant-based diet



Plant-based diets are linked with environmental benefits. According to an October 2010 scientific report from Italy-based the Barilla Center for Food and Nutrition, foods at the base of the food pyramid, such as fruits, vegetables, bread, pasta, and whole grains, have a lower impact on the environment, while foods such as meat, poultry, fish, dairy, and eggs have a greater impact. Buying from locals mean less CO₂ emitted because these stuff do not have to be trucked across the country or flown from other parts of the world.

A study by the journal *Climatic Change* shows switching to a diet free of meat, dairy and eggs saves more carbon emissions. Choose organic over non-organic food. Organic food produced without the use of chemicals reduces water, soil and air pollution.

Make your Home Energy Efficient

Replacing your light bulbs — traditional bulbs and compact fluorescent lights — with light-emitting diodes (LEDs). If TV and other appliances have power-save modes, make sure that they are all turned on. Install solar panels.



SIMPLE STEPS
TO MAKE YOUR HOME
MORE ENERGY AND COST EFFICIENT

Stand For Something Good



Support environmental groups to help the planet and its ecosystems a better chance of surviving the effects of climate change. Many organisations are working to protect environment or help nature. Donate them. Contributions also support local economies and ensure that businesses can operate when relief supplies diminish. Make sure to send money to a reputable charity.

Volunteer

Protect environment by giving time and treating the delicate ecosystems with care. Planting a tree helps to reduce carbon dioxide, help combat climate change, produce oxygen, reduce pollution caused by water runoff, clean pollutants from the air, prevent soil erosion, provide vital wildlife habitats and more. Volunteer yourself and join environment groups.



Source: <https://dnr.mo.gov/env/swmp/pubs-reports/threers.htm>,
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