

From Ellen on behalf of the JPIC Team

EARTH DAY 22 April 2021



The theme for Earth Day 2021 is **RESTORE OUR EARTH** – and it is an opportunity to explore innovative ways of taking care of our planet.



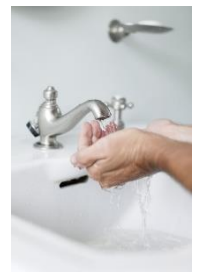
SOME POSSIBLE LIFESTYLE CHANGES:

Here are some small lifestyle changes we can make right now to help save the Earth. Even though Earth Day only comes once a year, these lifestyle changes could be beneficial for the other 364 days as well as in years to come. We only have one (Mother) earth so let's treat her right.



Energy savers:

- (a) Turn off lights when you leave a room
- (b) Unplug appliances at night
- (c) Make sure you use energy efficient light bulbs
- (d) Save water



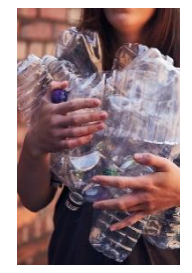
Shopping:

- (a) Buy eco-friendly products including eco-friendly clothing brands e.g.....
- (b) Use re-usable bags



Food:

- (a) Go meatless one day a weekreducing emissions
- (b) Compost left-over food
- (c) Avoid drinking out of plastic bottles.



Plants:

Add plants to your home. They help regulate temperature by releasing moisture!

Car:

Use alternative means of transport when possible

Cleaning:

Make your own cleaning products. It is amazing what vinegar and baking soda can do!



For further ideas see the website: [earth day 2021 ideas](#)