



# Earth Day

## 51 WAYS TO RESTORE OUR EARTH

### Every Day is Earth Day.

Here are 51 actions and tips  
to make a difference, every day of the year.

- 1) Passionate about certain environmental issues? [Volunteer with us at EARTHDAY.ORG](#) and participate in our many initiatives, both local and global, to Restore Our Earth.
- 2) Tune into [Earth Day Live](#) series to learn firsthand from experts about our campaigns and ways that you can help from a grassroots level all the way up to your state officials office.
- 3) Unsubscribe to catalogs and donate to [The Canopy Project](#) to save the trees! For every \$1 that is donated, one tree is planted!
- 4) Enjoy spending time outside? Support the [Great Global Cleanup](#) and pick up trash while enjoying your outdoor activities. It is a great way to save that plastic bottle cap from the landfill while you are on your morning walk!
- 5) Be a part of the change. Change your diet to fight climate change! Try participating in meatless Mondays! Check out some [plant-based recipes](#).
- 6) Try a [foodprint calculator](#) to find out exactly how your meals impact the planet.
- 7) Advocate for governments to make climate change and [climate literacy](#) a core feature of school curriculum across the globe. Learn more about [climate literacy and sign the petition](#).
- 8) Add your voice to the [campus climate project](#) and advocate for stronger environmental commitments from your college or university.
- 9) EARTHDAY.ORG operates in over 190 countries to drive transformative change for our planet. [Share your story, or your community's story](#) and the environmental efforts being made.
- 10) Stop deforestation by supporting companies that take an active role against it. And, this Earth Day, consider donating to [The Canopy Project](#), [where every dollar plants a tree](#).
- 11) It's time to start plogging aka picking up trash while jogging! This is a fun and effective way to get a workout in while cleaning the community. [Learn more about plogging and the Great Global Cleanup](#).
- 12) With the [Global Earth Challenge](#) app, anyone can be a citizen scientist! Through a mobile app, this initiative helps monitor and mitigate threats to environmental and human health. Download today and collect environmental data near you!
- 13) [Calculate your personal carbon footprint](#) and make changes to reduce it — it's something we can all do to help the planet.
- 14) Plastic pollution is one of the most important environmental problems that we face today. [Calculate your personal plastic consumption](#), then use our tips to help break free from single-use plastics!
- 15) Test your knowledge of regenerative agriculture and [take our quiz!](#)
- 16) Individual and small group cleanups can have a major positive impact on your community. For us to make global change, we must have local action. Organizing your own cleanup? [Here are some tips!](#)
- 17) We've missed decades worth of opportunities for climate action, too. Now, we're running out of time for mistakes. [Contact your representative](#) and tell them that the health of people and the planet should be the top priority.
- 18) Consumer demand for renewable energy sources is one of the most immediate actions you can take to lower your carbon footprint and restore our earth. [Call your utility and ask for green power](#).
- 19) Most people by now know that single-use plastic grocery bags are going the way of the dinosaurs. Although they are billed for their "convenience," they are extremely inconvenient for the planet. [Pledge to use a reusable grocery bag](#).
- 20) Plastic pollution can create big problems for human and ecosystem health. Everyday actions, however, can lessen the problem. [Learn about simple ways you can act to combat plastic pollution every day](#) and Restore Our Earth.
- 21) Teach-ins play a significant role in providing communities with the knowledge they need to advocate for a cleaner, more secure future. [Plan an effective teach-in](#) that will bring your community together and make steps to Restore Our Earth!
- 22) Fight food waste by composting! [Learn how you can make a difference right in your own backyard](#).
- 23) Spread the word! [Explore our Earth Day 2021 action toolkit](#) to find ways to further the climate discussion across the globe.
- 24) A Billion Acts of Green are happening across the planet. From students in classrooms to organizers in their communities to officials in government there are ways for anyone of any background to make a difference. [Add your act of green](#).



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- 25) Change your paper bills to online billing. You'll be saving trees and the fuel it takes to deliver your bills by truck. Donate to [The Canopy Project](#) today to help save our forests!
- 26) Meal prep is one of the biggest ways in which you can help reduce your foodprint. Check out our [Foodprints for the Future](#) campaign to see the many other ways you can get involved to help stop food waste.
- 27) [Encourage your school or organization to serve more plant-based meal options](#) and to educate students or employees about the impacts of animal agriculture on our food system.
- 28) Convince your school district or office building to choose reusable utensils, trays, and dishes in the cafeteria. [Take the pledge.](#)
- 29) [Send a letter or call your local elected leaders](#), urging them to ban plastic bags and other single-use plastic items.
- 30) Help protect pollinators by pledging to go pesticide-free! We need pollinators to ensure the persistence of our crop yields and ensure healthy sustainable ecosystems now and in the future. [Sign our pledge to limit the use of harmful pesticides in your garden.](#)
- 31) Save the butterflies and bees! Help contribute to meaningful scientific research on pollinator populations through the [Global Earth Challenge](#) mobile application. It's as easy as snapping a picture.
- 32) Calling all educators! Incorporate EARTHDAY.ORG's environmental education resources into your classroom. [Explore the possibilities and plan a lesson.](#)
- 33) Every day is a great day to help monitor some of the world's most pressing environmental challenges. [Explore how you can incorporate the Global Earth Challenge app into your syllabus, your club, society, or campus community.](#)
- 34) Every action makes a difference to combat plastic pollution. [Explore the possibilities and commit to taking the first step to ending plastic pollution.](#)
- 35) Buy organic food to keep your body and the environment free of toxic pesticides. [Support farmers and companies who use organic ingredients.](#)
- 36) Let's teach our kids how to steward the Earth! [Sign the petition](#) calling on governments to take bold action on universal climate and environmental literacy for our school kids.
- 37) How much do you know about clean energy? [Test your knowledge by taking our quiz and make small adjustments to reduce your carbon footprint.](#)
- 38) How much do you know about the threats that our oceans and marine creatures that call them home face from plastic pollution? [Take our quiz and learn more today!](#)
- 39) Action requires education. [Test your knowledge of climate and environmental literacy with our quiz!](#)
- 40) With the [Global Earth Challenge](#) app, you can take photos of the horizon to help scientists estimate air quality through lightwaves in your photo. Help advocate for cleaner air near you.
- 41) [Take photos of plastic waste](#) near you so scientists can track plastic to its source and understand the distribution of plastics around the world. Do your part!
- 42) [Buy local food](#) to reduce the distance from farm to fork. Buy straight from the farm, frequent your local farmers' market, or join a local food co-op.
- 43) Reduce your meat consumption to curb carbon emissions from the livestock industry. [Learn more about your food's impact on the environment.](#)
- 44) Try growing your own [organic garden!](#)
- 45) [Use a reusable water bottle](#) to make a big impact on your plastic consumption:
- 46) [Avoid single-use plastic items](#), and if possible buy products in glass or paper. Glass products are easily reused and paper is a much friendlier product to the environment.
- 47) Practice sustainable fashion! Donate your old clothes and home goods instead of throwing them out. When you need something, consider buying used items. Used does not always mean unfashionable!
- 48) Always read labels! Use environmentally-friendly, non-toxic cleaning products to avoid washing toxic chemicals down the drain!
- 49) Integrate a simple act of green into your daily routine. Take a shorter shower and use a water-saving shower head.
- 50) Save electricity and turn off lights when you leave the room.
- 51) Join EARTHDAY.ORG and thousands of groups around the globe as we stand up for three days of climate action summits from April 20-22. Hear from activists, educators, researchers, musical artists, influencers and more. Mark your calendar and [learn more.](#)