



Earth Day

April 22

How big is your footprint?

You might be surprised at how much your family uses every year. When looking to go green, it's a good idea to start by seeing just how big of an impact your household has on the planet every year.

Go online

Websites such as Eco Footprint (www.myfootprint.org) can help you determine how much your household impacts the environment. It will tell you how many planets would be needed to support your family's lifestyle if everyone lived like you. It also will give you the Earth Overshoot Day — the day when humanity as a whole maxes out Earth's resources for that year. The calculator is maintained by the Global Footprint Network and asks you a series of questions, then uses national data pulled from 15,000 data points per country per year from United Nations data sets, peer-reviewed science journals and collections.

Observe an eco sabbath

Now that you know how much you use, it's time to cut it down. One way to do that is to set aside one day a week for an eco sabbath. Like a religious sabbath, this is a time of rest from consumption. While it will be hard and you can expect withdrawal pains, the good news is that you get to set the rules. Set aside an hour, a day or a whole weekend and don't buy anything, don't use machines, don't cook, don't use



mobile devices, however you want to tailor it to your family and your eco footprint.

Get growing

Another footprint your family leaves is your carbon footprint. A carbon footprint is the total set of greenhouse gas emissions caused by your household, expressed as an equivalent of carbon dioxide. No matter how careful you are, you'll probably end up using some carbon. Offset that with a quick trip to your local garden center to plant trees and plants that can reduce or even neutralize your carbon footprint. Ask for help choosing native landscaping that's easy on resources such as water and doesn't require much in the way of chemical fertilizers and insect control. Another option is to donate to nonprofits and other causes that support carbon-neutral efforts.



REMEMBER SAFETY FIRST!

Before your plant...
look up and call 811 before you dig.

787 Bailey Hill Rd.
Eugene, OR 541-484-1151
www.laneelectric.com




Earth Day Celebration

Saturday, April 21st 10am - 4pm

@ Coiner Park


1319 E. Main St.
Cottage Grove

Featuring:

- Food
- Vendors
- Kids Zone
- Live Music
- Local Tours





Check out the full event schedule at www.coastfork.org.



RECYCLE! REUSE!

SPRING CLEANING?

DONATE YOUR ITEMS TO THE ReStore




Drop off your old paint for recycling at our ReStore location during business hours

RESTORE HOURS
THURSDAY, FRIDAY & SATURDAY
10AM-4PM

Preserve our earth
Keep items out of the landfills
Donate to the ReStore

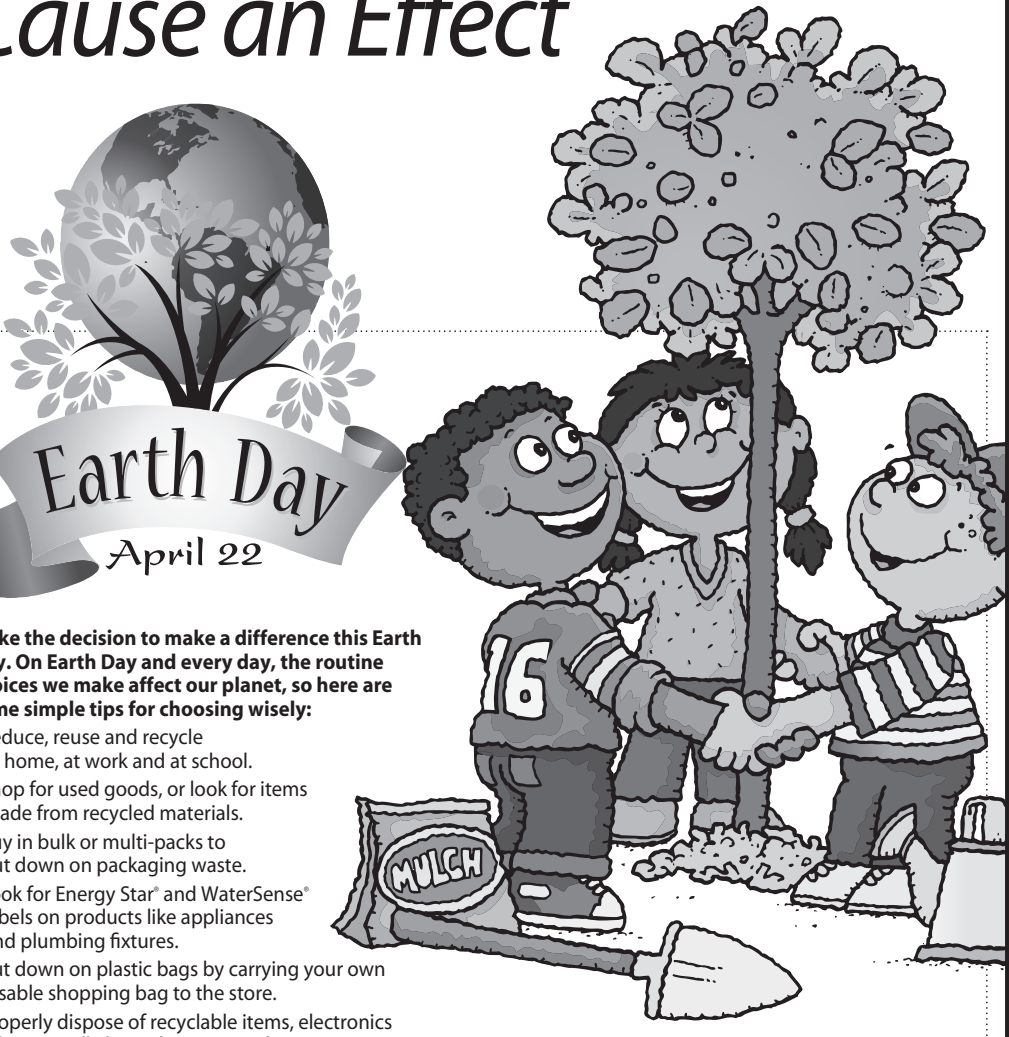
Habitat Office and ReStore
2155 Getty Circle ~ Unit #1
in the Cottage Grove Industrial Park
South on Hwy 99 past the High School

Call 541.767.0358 for more information
Email info@habitatcg.org



Donate your car.
(877) 277-4344
carsforhomes.org

Cause an Effect



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Make the decision to make a difference this Earth Day. On Earth Day and every day, the routine choices we make affect our planet, so here are some simple tips for choosing wisely:

- Reduce, reuse and recycle at home, at work and at school.
- Shop for used goods, or look for items made from recycled materials.
- Buy in bulk or multi-packs to cut down on packaging waste.
- Look for Energy Star® and WaterSense® labels on products like appliances and plumbing fixtures.
- Cut down on plastic bags by carrying your own reusable shopping bag to the store.
- Properly dispose of recyclable items, electronics and potentially hazardous materials.
- Always turn off lights and appliances when you leave a room.
- Unplug your mobile phone charger when it's not in use.
- Walk, ride your bike or use public transportation whenever possible.
- Choose locally and organically produced foods.
- Turn off the water while brushing your teeth or shaving.
- Don't top off your gas tank, as this lets harmful chemicals enter the air.
- Go to www.epa.gov/earthday to find local volunteer opportunities and to learn more about steps you can take to protect our planet.

Green your routine with eco-friendly choices from these local businesses:

<p>Labrang Tea Traders Eugene, OR https://lmftea.com/</p>	<p>Cottage Grove Garbage Service 2055 Getty Circle, Cottage Grove 541-942-8321</p>	<p>Territorial Seed Company 20 Palmer Avenue, Cottage Grove, OR 97424 (800) 626-0866</p>
<p>This N' That Corner Humane Society CG 33 N 8th St, Cottage Grove, OR 97424 (541) 942-3130</p>	<p>Bring Recycling 4446 Franklin Blvd, Eugene, OR 97403 (541) 746-3023</p>	<p>Feel So Alive "Fish Friendly Carwash" Eugene, OR (541) 525-0703</p>