

The Gainesville Zero Waste News

Earth Day: Grounds for Celebration

Earth Day, always held on April 22nd, is a great chance to rejoice in all that our Earth gives us: food, shelter, water – literally everything we use daily. This holiday gives us a chance to consider what it means to be a good steward of those resources. What started as an educational campaign in the 1970's has grown to a worldwide holiday, **celebrated by more than a billion people** in nearly every country around the globe.

This year, let's look at some of our favorite ways to honor the Earth on this special day:

Commit to composting your kitchen waste – did you know your choices in the kitchen can have a huge impact? Keeping your food waste (banana peels, egg shells, coffee grounds, etc.) out of the landfill **greatly reduces methane emissions** and lets gardeners reduce their reliance on fertilizers. Find out how to compost at gainesvillefl.gov/Recycle.

Brush up on your local recycling regulations – recycling is a great way to show direct support for the resources of our land. Extracting materials from underground is a polluting, energy-intensive process. By recycling right, you can prolong the usefulness of those materials and be a little gentler on our environment. Recycling info is at gainesvillefl.gov/WhatCanBeRecycled.



Try grounding – have you taken your shoes off today? When's the last time you walked around barefoot and felt the grass between your toes? According to NIH research, by not grounding you may be missing out on **improved sleep, reduced stress, and faster healing**.

Join a community garden – there's no greater satisfaction than enjoying fruits or veggies you lovingly planted and cultivated yourself. Join one of **Gainesville's**

12 community gardens, and start reconnecting with the gifts of the Earth. Growing your own food not only fosters self-reliance but also allows you to enjoy fresh produce without packaging.

The first Earth Day celebrations 50 years ago were all about spreading awareness of the perils of unchecked industrial growth and its adverse impacts on all of us, humans and animals, big and small. This year, as you wish friends and family a **Happy Earth Day**, take the opportunity to discuss what type of future they'd like to live in and how we can all move toward a sustainable world together.

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