

# Earth Friendlier Tips ....Every day is Earth Day !!

1. Bring your own **reusable** or **paper straw** instead of using a plastic straw.
2. Bring your own **reusable** bag instead of taking a plastic bag at cafeterias & stores.  
**Reuse or recycle** all plastic bags and films at grocery or other stores that accept these.  
**Look up information at [how2recycle.info](http://how2recycle.info) or [plasticfilmrecycling.org](http://plasticfilmrecycling.org) for more info,**
3. **Recycle** or wash and **reuse** at home the **black plastic containers and lids** used at the stir fry station. Check code. Spartanburg Recycling does accept plastics 1-7.
4. **If a container says PLA 7 then it is a plant based item and should be composted industrially only but it is NOT recyclable.** Products marked “PLA” (polylactic acid) are made with plant-based materials such as corn, wheat straw and grasses. Unlike traditional petroleum-based plastics, these materials break down during the industrial composting process.  
Look at any plastic container that you are given and if needed look up the code on [How2Recycle.info](http://How2Recycle.info) or [plasticfilmrecycling.org](http://plasticfilmrecycling.org) or email [jcope@srhs.com](mailto:jcope@srhs.com) and ask for information if it is a retail item.
5. Refrigerate and take **leftovers** home instead of throwing in the trash. Eat leftovers or compost items that can be composted.
6. Consider a home **compost** set up or join a compost service.
7. Buy more **local, sustainably** raised foods. Eat a more whole foods **plant based** diet.
8. Shop at local farmers markets. **Hub City Farmers Market** in Spartanburg is open 8am-12pm every Saturday April – December 9, 2023.
9. Bring your own **reusable water bottle** & fill up where allowed or **recycle** any **plastic or metal** bottles/cans.
10. Create or reimagine an **environmentally and pollinator friendly landscape/garden at work or home**. Sign the Pollinators Protection Pledge at <https://www.xerces.org/pollinator-conservation/pollinator-protection-pledge>

**Great Resources for many, many more suggestions and tips !!**

Earth Day: The Official Site | [EARTHDAY.ORG](http://EARTHDAY.ORG)

Stop Food Waste: link below

<https://www.stopfoodwasteday.com>

## COMPOSTING/RECYCLING

[Compost 101 - FoodPrint](#)

[Sustainable Management of Food | US EPA](#)

[Composting At Home | US EPA](#)

[Don't Waste Uneaten Food! \(usda.gov\)](#)

<https://scdhec.gov/sites/default/files/Library/OR-1705.pdf>

[Don't Waste Food SC: Resources | SCDHEC](#)

[How to Make Compost to Feed Your Plants and Reduce Waste \(bhg.com\)](#)

<https://www.epa.gov/recycle/composting-home>

[www.plasticfilmrecycling.org](http://www.plasticfilmrecycling.org) (for plastic bags and films)

<https://scdhec.gov/environment/recycling-waste-reduction/dont-waste-food-sc/dont-waste-food-sc-households>

<https://atlasorganics.net/residential-collection> (Compost House)

<https://www.earthday.org/campaign/end-plastic-pollution/>

## **LAWN CARE/GARDENING:**

<https://xerces.org/leave-the-leaves>

<https://www.xerces.org/blog/nature-close-to-home>

<https://www.xerces.org/publications/fact-sheets/smarter-pest-management-protecting-pollinators-at-home>

[Farming with Soil Life: A Handbook for Supporting Soil Invertebrates and Soil Health on Farms \(xerces.org\)](#)

**CHECK OUT THESE OTHER AMAZING RESOURCES!!**

[Habitat Restoration | Xerces Society](#)

[Regenerative Agriculture - EARTHDAY.ORG](#)

[Sustainable Diets](#) A 10-Minute Interactive Guide to a

HEALTHY PLATE and a HEALTHY PLANET [Check out the link below to see the guide: Sustainable Diets:](#)

[Healthy Plate, Healthy Planet | The Gaples Institute](#) Request the Eco Food Guide to learn more about how and why what we eat matters for us and for our world: See link below

[EcoFood Guide – for a climate-friendly future](#)

Food and Environment Foodprints for the Future:

[Foodprints for the Future - Earth Day](#)

[Soil is Not Dirt - Foundation for Food & Agriculture Research \(foundationfar.org\)](#)

**Thank You and Happy Earth Day !!** Joan Cope, MPH, RD, LD email any questions to [jcope@srhs.com](mailto:jcope@srhs.com) **Every day is Earth Day !!**