



Sustainability Challenge

For our health and wellness as well as planetary health & sustainability, EVERY DAY IS EARTH DAY. Make it a personal or family challenge. How many can you check off this list? Let us know at sustainability@imail.org Take the challenge and see where you land: 20+ = Green to Gold, 19-15: Bright Green, 14-10: Average Joe Green, 9-5: It's a start Yellow, 4-0: Dry Dirt Brown

Advocate for Environmental Health and Wellness

- Vote for candidates that support environmental health and stewardship.
- Vote with your wallet. Choose products and services that are environmentally friendly and reusable.

Clean Air

- Take public transit more often.
- Don't idle if you're driving a purely gasoline powered vehicle.
- Replace gasoline lawn mowers and other equipment/tools to electric.
- Use environmentally friendly cleaning supplies.
- Replace the gas stove with induction cooktops.

Energy Stewardship

- Change air filters on a regular basis to reduce the strain on the HVAC system.
- Buy EnergyStar rated appliances.
- Turn the thermostat up two degrees more than your average in the summer and down in the winter.

Regenerative Land Use

- Compost your food waste and use the soil in your garden or potted plants.
- Make a family event of planting a new tree every year.

Sustainable Diet

- Consider planting a garden and sourcing your own organic food.
- Eat more greens/vegetables and less meat.

Waste Reduction, Reuse, & Recycling

- Use reusable water bottles and stop buying disposable plastic water bottles.
- Use eco-friendly clothes washing sheets and not pods in large plastic containers.
- Donate unused or spring-cleaning home items to a local shelter or thrift store.
- Ensure chemicals are properly disposed of. (i.e., paint, solvents, oils, and other chemicals).
- Recycle paper products, glass, relevant plastics, and all electronics. Ensure no contamination in the recycling.
- Use reusable bags, plates, cups and flatware whenever possible. (i.e., grocery shopping, backyard BBQ, etc.)
- Take a large recycling bin to the next outdoor family/friend social event you attend and ensure any waste from the event that can be recycled is.

Water Stewardship

- Use a smart watering irrigation system for your landscaping and drip systems for your gardens.
- Replace water intensive grass with gardens or local scaping, which is planting native plants that are drought resistant and promote biodiversity.
- Harvest your home's rainwater for use in gardens and landscaping.