



World Environment Day — June 5, 2022

Every year on June 5, World Environment Day is celebrated. This year, Sweden is hosting the holiday in partnership with the United Nations Environment Program. The theme is Only One Earth, highlighting the possibilities for shifting to a more sustainable greener lifestyle to “live in harmony with nature.” For more information on World Environment Day, go to [worldenvironmentday.global](https://www.worldenvironmentday.global).



What you can do to make a difference:

Be an advocate for change

- Write a letter to or call lawmakers
- Vote
- Volunteer in your community

Reduce environmental footprint

- Recycle responsibly
- Manage food waste
- Reduce CO2 emissions
- Eat less meat and dairy

Green your home

- Use energy-efficient building options
- Use fluorescent to CFL or LED
- Switch lights off when leaving a room
- Turn your water heater down
- Lower thermostat in winter and raise in summer
- Choose eco-friendly cleaning products
- Plant trees

Food consumption

- Be mindful of what you purchase
- Grow your own food
- Shop local
- Buy in bulk and use a reusable container
- Compost your food waste

Transportation

- Drive fewer miles
- Share car rides
- Use cruise control
- Avoid unnecessary braking and accelerating
- Buy an energy-efficient car
- Walk or ride bike
- Take care of your car
- Use less air conditioning when you drive
- Avoid flying if possible

Water

- Take shorter showers
- Fix leaky faucets
- Turn off water while brushing teeth
- Use a rain chain or barrel
- Change landscape

Shopping

- Don't buy fast fashion
- Buy vintage or recycled clothing
- Buy less stuff
- Wash your clothes in cold water
- Buy Energy Star products for appliances
- Reduce or eliminate single-use, disposable plastics