




**TOGETHER  
@ WORK**

# 60 Actions for the Planet



# As we celebrate Earth Day

on April 22, it's a moment to reflect and appreciate all the natural world provides us -- water to replenish us, food to nourish us, and trees to help oxygenate us. We can honor Earth Day by engaging in more environmentally friendly actions that protect these offerings and by raising awareness about the environmental challenges we face.

Earth Day's theme this year is **'Planet vs Plastics,'** emphasizing the importance to keep plastics out of nature, for human and planetary health. An estimated 9 million to 14 million tons of plastic waste ends up in our oceans around the world every year. It causes major harm to wildlife and ecosystems, disrupts the livelihood of millions of people, and poses significant risk to human health and the world economy.

With voluntary measures and country-driven efforts ineffective in stopping plastic pollution, at WWF, we are championing an ambitious, effective, and legally binding [UN treaty to end plastic](#). The good news is that all 175 UN Member States are working toward a global treaty, with hopes for signing and implementation in 2025. The treaty is supported by governments and businesses and buoyed by overwhelming support among global consumers to reduce plastic pollution.

Solving global challenges requires collective action on all levels and that includes engagement from individuals like you. Throughout this year's 60 Actions for the Planet guide, WWF experts across key areas have incorporated plastic-specific actions to help you contribute to curbing plastic pollution, along with other important measures you can take toward a healthier planet. Join us in giving back to our planet this Earth Day and beyond.

# action #1: reconnect with nature

A woman wearing a vibrant blue headscarf with a yellow stripe is shown in profile, looking upwards and to the left. She is holding a large, bright yellow sunflower with both hands. The background is a lush field of many other sunflowers under a clear blue sky with some light clouds. The overall scene is bright and sunny, conveying a sense of connection with nature.

Nature has a restorative power. Tap into the world around you by rediscovering nature in your own backyard. Taking time to appreciate what our environment provides can remind us that we are all connected—many communities, cultures, and languages, but only one planet. **Let's celebrate it!**

# climate

**2. Switch to LEDs.** The light-emitting diode (LED) lightbulb is significantly more efficient, longer lasting and more durable than incandescent or compact fluorescent lightbulbs. LEDs use at least 75% less energy, and last up to 25 times longer than incandescent lighting.

**3. Change your fashion habits.** The UN estimates that the fashion industry, particularly “fast fashion,” accounts for up to ten percent of global greenhouse gas emissions (even more than aviation and shipping combined) and also wastes water. You can be in style without contributing to climate change. Buy fewer pieces, and look for consignment, resale, and thrift shops (some of them even sell designer brands at a fraction of the retail price). Repair, re-tailor, resell or donate garments as an alternative to throwing them away. Don’t forget to do the same with your accessories!

**4. Advocate for action.** Speaking up to your government representatives is by far the most critical action people can take in terms of addressing the climate crisis. Local and state governments often make critical decisions about how renewable energy is built out, and Congress and federal agencies play a critical role in funding the energy transition. Also, exercise your right to vote for who makes climate decisions for your community.

**5. Electrify your life.** Where possible, opt for electric over fossil fuel powered products and appliances. Induction cooktops instead of gas are safer and do not expose you to methane emissions. Electric heat pumps are often more cost effective than gas heaters. Choose an electric vehicle or even a plug-in hybrid for your next car if possible. Tax breaks and rebates are available through the Inflation Reduction Act for all these purchases to make them more affordable.

**6. Opt for biking, walking or public transportation.** Short car trips account for three quarters of transportation emissions. Cutting out unnecessary car use can dramatically reduce emissions in the transportation sector.

**7. Get a smart thermostat.** Smart thermostats not only provide the convenience of being able to adjust the heating and cooling systems in a home from anyplace, they allow users to preset the system for peak energy efficiency. More advanced systems will even adjust to provide cost savings during peak energy use or peak pricing. Project Drawdown estimates that if up to 59% of US households were to install smart thermostats by 2050, consumers as a group would save a total of \$2.02 trillion on their utility bills over the life of the units.

**8. Reduce your trash volume.** Trash ends up in landfills, and according to the USEPA, landfills are responsible for about 16.9 percent of the total of human-caused U.S. methane emissions. Compost your food waste rather than throwing it in the trash. Avoid single use products, especially plastics. Choose reusable bags, cups, storage containers, and other products. Shop at stores, both online and in-person that minimize the use of packing materials.

**9. Look for the Forest Stewardship Council® (FSC®) logo.** When purchasing wood and paper products, including paper towels, tissues, and toilet paper, look for the FSC logo to know that your product—or even the packaging it's wrapped in—comes from a responsibly managed forest. Switching to forest-friendly products will help protect wildlife too!

**10. Give secondhand furniture a new life.** An alternative to buying new wood furniture bearing the FSC logo is purchasing furniture from thrift shops and antique stores. There are also online sources for resale or free furniture, such as The Freecycle Network™. Reusing furniture can be cost-effective, and you don't have to worry about supply chain issues. And it's good for our forests!

**11. Support the FOREST Act.** Urge Congress to pass the [FOREST Act](#) now. Doing so will help ensure that the products American consumers buy every day aren't contributing to criminal activity and the destruction of the Amazon and other forests.

**12. Advocate for pandemic prevention.** Ask Congress to help prevent future pandemics by supporting funding for programs that address the root causes of zoonotic disease spillover, including those aiming to end deforestation and destruction of forest habitats and ensure rural communities have safe and diversified sources of food and protein.

**13. Learn why forests are important.** More than one-third of the world's population is heavily dependent on forests and forest products due to the food, wood, and other goods they produce. Forests are also [vital for human health](#)—including by filtering our air and water. Additionally, forests help mitigate the hazardous effects of climate change through carbon sequestration. You can learn more on our website and share this knowledge with your friends and family.

**14. Get out into nature.** Whether exploring the trees growing on a city street or visiting a local forest or park, connecting with the nature around you will help you understand and share why protecting, conserving, and restoring forests and other vital ecosystems is so important. And while you're out in nature, try using the [Seek](#) app to learn about and identify native species in your area!

**15. Keep forests pristine.** You can help forests thrive by picking up trash, especially single-use plastics like water bottles and bags, while enjoying a hike through the trees. And don't forget to clean up after yourselves! Pack it in, pack it out.

# forests

# Oceans

**16. Look for responsibly caught seafood.** Help keep our fisheries and fish stocks healthy by looking for the Marine Stewardship Council (MSC) and Aquaculture Stewardship Council (ASC) labels on product packaging or restaurant menus. Their blue and green fish logos ensure your fish can be traced back to responsibly managed fisheries and farms.

**17. Recognize boundaries when interacting with marine life.** Seeing whales, sea turtles, or coral reef fish in the wild can become an exciting and treasured memory. To ensure that ocean wildlife continue to thrive, take only photos and videos of your experiences and stay respectful of wild animals.

**18. Choose reusable products when possible.** While some single-use plastics can support safety and health, many plastics—such as non-reusable water bottles, plastic bags, and straws—pollute our ocean and can destroy ecosystems and endanger marine life. Consider what items are truly necessary and which can be skipped. Less materials consumed means less opportunity for materials to pollute our oceans.

**19. Hold the line.** Abandoned fishing lines and nets can trap marine species like sea turtles, manatees and dolphins, so if you go fishing be sure to take your gear home with you.

**20. [Pledge](#)** to work together to solve the world’s greatest environmental problems and protect our oceans.

**21. Skip the motor.** Choose wind-powered sailboats or self-powered kayaks, stand up paddle boards, or canoes rather than motorboats when enjoying time on the water.

**22. [Increase your ocean IQ](#).** The more you learn about the ocean and its amazingly varied ecosystems, the better prepared you’ll be to inspire change—and help others do the same.



# plastics

**23. [Support public policies that will unlock circular solutions](#)** needed to keep plastic out of nature. Tell your lawmakers that you support the [UN Global Treaty on Plastic](#) as well as [Extended Producer Responsibility \(EPR\)](#) in the United States. You can also petition your local government to enable better recycling capabilities and initiatives to cut plastic waste in your community.

**24. Learn about local recycling systems.** Find out which plastics your town's recycling system accepts, and just as importantly, which they do not accept so you can be sure to avoid contamination.

**25. Swap out single-use items.** Invest in high-quality reusable items and replace common single-use plastics like bags, cups, water bottles, straws, and utensils – and remember to bring them along whenever you leave the house.

**26. Prioritize shopping secondhand when possible.** Check out local thrift stores or join a community marketplace to help lower the demand for new production and give an old product new life.

**7. Purchase new products responsibly.** Look for items that are not only recyclable, but also manufactured from recycled content. When available, opt for package-free products like shampoo bars or bulk refills.

**28. Get informed.** Learn the difference between biobased, biodegradable and compostable plastic so you know the proper methods of disposal for each material. Share what you learn with your friends and community.

**29. When you see litter, pick it up!** Every piece of plastic you dispose of responsibly is one less piece in nature. Join a local cleanup event when possible, or even organize your own.



# freshwater

**30. Transition your lawn to a native plant garden or add a rain garden to your yard.** Even if you only have access to a small piece of outside space, remove any lawn grass (heavy water user!) and instead choose to plant native species, landscape with water-efficient plants, and use eco-friendly fertilizers. Adding a rain garden can also lessen the speed and quantity of storm-water runoff, which negatively impacts the health of local watersheds.

**31. Cut down on your water use.** Many cities or states provide free, rebate, or pay-back programs to install low-flush toilets or to convert yards to drought tolerant landscape. Using your dishwasher without heavy rinsing can also significantly reduce your household water use.

**32. Choose water-friendly food.** Pick products from farmers who use smart and water-saving methods to grow food. This includes ways like collecting rainwater, drip irrigation, low-water crop rotations, and organic farming. It helps in reducing the overall water used to produce the food we eat.

**33. Protect areas near rivers and lakes.** Stand up for and join efforts that keep areas near rivers and lakes safe. These zones, called riparian areas, are super important for keeping water clean, stopping erosion, and providing homes for different animals. Support rules that prevent too much building close to water.

**34. Join citizen science projects.** Get involved in projects that study how clean our local water is. By taking part and contributing data, you help scientists and groups working to understand pollution and find ways to protect our freshwater. You don't need to be an expert – just share what you observe!

**35. Attend a river clean up.** help to clean up debris from your local water ways before it breaks down into microplastics, gets consumed by native species, or flows into the ocean. It is a great way to volunteer, get to know your community, and enjoy some fresh air.

**36. Fill your washing machine and run it on cold.** Run the washing machine when it is full and use cold water helps save the energy used for multiple loads and for heating water on the hot/warm settings. Additionally, air dry clothes whenever possible as dryers consume a lot of energy.



**37. Embrace imperfections in food.** About [16% of food loss](#) occurs on the farm due to cosmetic reasons. However, [nutritious food comes in all shapes, sizes, and colors](#). Wilting produce? You can reinvigorate some veggies, like lettuce, with a quick ice water bath. Browning bananas? Peel and freeze them for baking or smoothies. Extra leftovers or soft produce? Add spare items into soups, sauces, or stews, which don't require crisp texture but will benefit from the added flavor.

**38. Remember to trust your senses rather than the date label.** Most food is safe to eat longer than we think, especially fresh and canned goods. Most expiration dates have nothing to do with safety and many foods are still safe to eat days, weeks, or months after the "best by", "sell by", and "best before" labels. Trust your senses to know when food has gone bad, or you can search the [FoodKeeper App](#) to learn more about food freshness and storage options.

**39. Ready, set, freeze!** You can freeze almost anything—eggs, meats, produce, sauces—whether you just bought it or already cooked it. Keep containers tight with a little room for liquids. Freeze in portions for easy access, and date and label so it's easier to manage. A little extra work up front will save you cooking, prep, and shopping time later. And you'll save money if you use everything you buy.

**40. Make the most of your leftovers** by transforming them into new and delicious meals. Whether it's leftover chicken, veggies, or pasta, get creative in the kitchen. Turn that extra protein into a flavorful soup or stew, use vegetable scraps to whip up a homemade broth, and explore online for a variety of leftover recipes. From sandwiches to casseroles, the possibilities are endless. Not only does this approach help minimize food waste, but it also adds a touch of excitement to your everyday meals. So, dive into the world of leftover reinvention and discover a whole new culinary adventure right in your kitchen.

**41. Get to know your local farmers.** Farmers are facing a difficult time as prices fluctuate and concerns over shortages rise. Farming is vital for our economy and food system. By supporting nearby farmers or your local farmers' market, people can begin to understand how agriculture can serve as a tool for conservation and food security. And with greater understanding, we can begin to share in the challenge of producing enough food for everyone without impacting our planet.

**42. Start home composting.** Initiate a home composting system to recycle kitchen scraps and organic waste. Composting not only reduces the amount of food waste sent to landfills, and plastic bags used for trash, but also produces nutrient-rich compost that can be used to enhance soil health in your garden or for potted plants. It's a simple and effective way to contribute to a circular and sustainable food system.

**43. Ask your representative** to ensure food waste is in the 2024 Farm Bill. Today, food is the number one item (by weight) we throw into landfills, which are the third largest source of methane emissions as a result. Learn more at the [ZeroFoodWasteCoalition.org's](#) page on the [Farm Bill](#).



food

# wildlife



**44. Report any suspected illegal wildlife product** to the [Coalition to End Wildlife Trafficking Online](#) and [don't buy illegal wildlife products](#). Become a [Cyber Spotter](#) to help keep endangered wildlife products offline.

**45. Respect nature and don't litter.** Litter can harm wildlife and pollute landscapes. Pick up litter when you can and keep our spaces green. Read these [7 principles](#) for more tips on how to respect and protect nature when outdoors.

**46. Sign on to [Stop Wildlife Crime](#)** and commit to preserving nature's beauty for future generations.

**47. Skip the plastic bag.** Plastic bags can cause entanglement for wildlife and negatively impact their habitats and can also be mistaken for food. A floating plastic bag in the ocean may look like a jellyfish or squid, common prey species for [sea turtles](#) and [whales](#), respectively. When possible, opt for a reusable bag instead.

**48. Help prevent future pandemics.** There are direct links between what we do to nature and the emergence of infectious diseases. Support efforts to shut down high-risk wildlife markets globally and reduce consumer demand for high-risk wildlife products. [Send a message to Congress](#) asking them to take the necessary steps to help reduce the chances of future animal-related outbreaks.

**49. Plant a pollinator garden.** At least 30% of crops and 90% of flowering plants rely on pollinators, including [bumble bees](#), to produce fruit. Plant regionally native species that attract pollinators, landscape with water-efficient plants, and use eco-friendly fertilizers. Discover native plants in your area with this [Native Plant Finder](#).

**50. [Symbolically adopt a species](#)** and your contribution will support WWF's global conservation work.

**51. Diversify your plate with a sustainably sourced diet.** Our food systems have contributed to 70% of biodiversity loss on land and 50% in water. Shifting our eating patterns can help us restore nature and improve our health. Choose more sustainable ingredients, diversify your diet, up your veggies and balance your meat intake, eat minimally processed and nutritious foods, and reduce food waste. Use the [Planet-Based Diets Impact & Action Calculator](#) to see how changes to your diet can help reduce your food footprint relative to your country's environment, then take a look at what's in your weekly shopping basket, based on the diet you've picked.

**52. Add native plants, fruits, and vegetables to your garden.** Research the flora, fruits, and vegetables that are native to your region and plant a variety of them in your garden or backyard. This will help preserve and enhance the biodiversity in your area, while supporting the local ecosystem.

**53. Turn off the tap.** Like us, biodiversity depends on access to freshwater resources. By shortening your showers or turning off the tap while washing your hands and doing the dishes, you can help to conserve water.

**54. Halt the spread of invasive species.** Non-native species can cause a lot of economic and environmental harm to a given area. You can help stop the introduction and spread of invasive species by making conscious decisions, like ensuring that your boat is cleaned thoroughly before entering it into a new body of water, cleaning your hiking boots before exploring a new area, planting and cultivating native species, not buying illegal wildlife products, and only buying firewood sourced from where you plan to burn it.

**55. Protect biodiversity strongholds** like the Amazon and the Great Plains. Deforestation and grasslands plow-up are leading causes of wildlife population decline and a major contributor to climate change. [Pledge to be a more conscious consumer](#) and choose to purchase products that are sustainably sourced.

**56. Respect local habitats.** While visiting your local parks, nature reserves, or hiking areas, make sure to stick to the walking path or hiking trail and throw trash away responsibly. This helps to protect plant and animal life, preserves the local ecosystem, and can help keep plastics out of nature, including streams and rivers. Teach children to do the same and be sure to pick up after your pet!



# biodiversity



**57. [Donate](#) to WWF to support our work globally.** You can have an extraordinary, positive impact on our natural world. When you help WWF protect species, you contribute to a thriving, healthy planet.

**58. Be an ambassador in your community.** Champion our planet and speak out about the importance of sustainability in your own community. Consider becoming a [Panda Ambassador](#), the ultimate next level of engagement for those committed to saving wildlife and the environment while supporting WWF.

**59. Inspire and educate our future conservation leaders.** Inspiring our next generation to care for the Earth will secure a better future for both people and wildlife. Check out our [Wild Classroom](#) for family fun and learning opportunities; [Find Your Inner Animal](#) and expand your wildlife knowledge with [Animal Trivia Games](#); download the [WWF Together](#) app for interactive experiences with endangered species and natural habitats.

**60. Share this guide and [our additional resources](#)** with families, friends and colleagues. Together, we can find solutions for a better future where people and nature can thrive. **Together, it's possible.**



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