



**TOGETHER
@ WORK**

60 Actions for the Planet



On April 22, we celebrate Earth Day, a day to commemorate the abundance of life and biodiversity that our planet has to offer. Earth Day is also a time to galvanize action towards our planet and shed light on the environmental and climate crises that we are facing across the globe. Last year, WWF marked its 60th anniversary, compiling a list of 60 tips for individuals to take better care of the planet on Earth Day and beyond. This year, we present a refreshed list of climate-friendly actions for these unprecedented times.

Over two years into the pandemic, many have reconnected with their natural surroundings, and the plight of our planet has become increasingly more understood. Last November in Glasgow, COP26 brought together nation states, activists, nonprofits, and business leaders alike, and made significant commitments to combat climate change. Glasgow captured the attention of onlookers around the world, highlighting the need for action to secure the future of our planet. This is a critical juncture to channel this concern, particularly as we consider the theme for this year's Earth Day, "Invest in Our Planet."

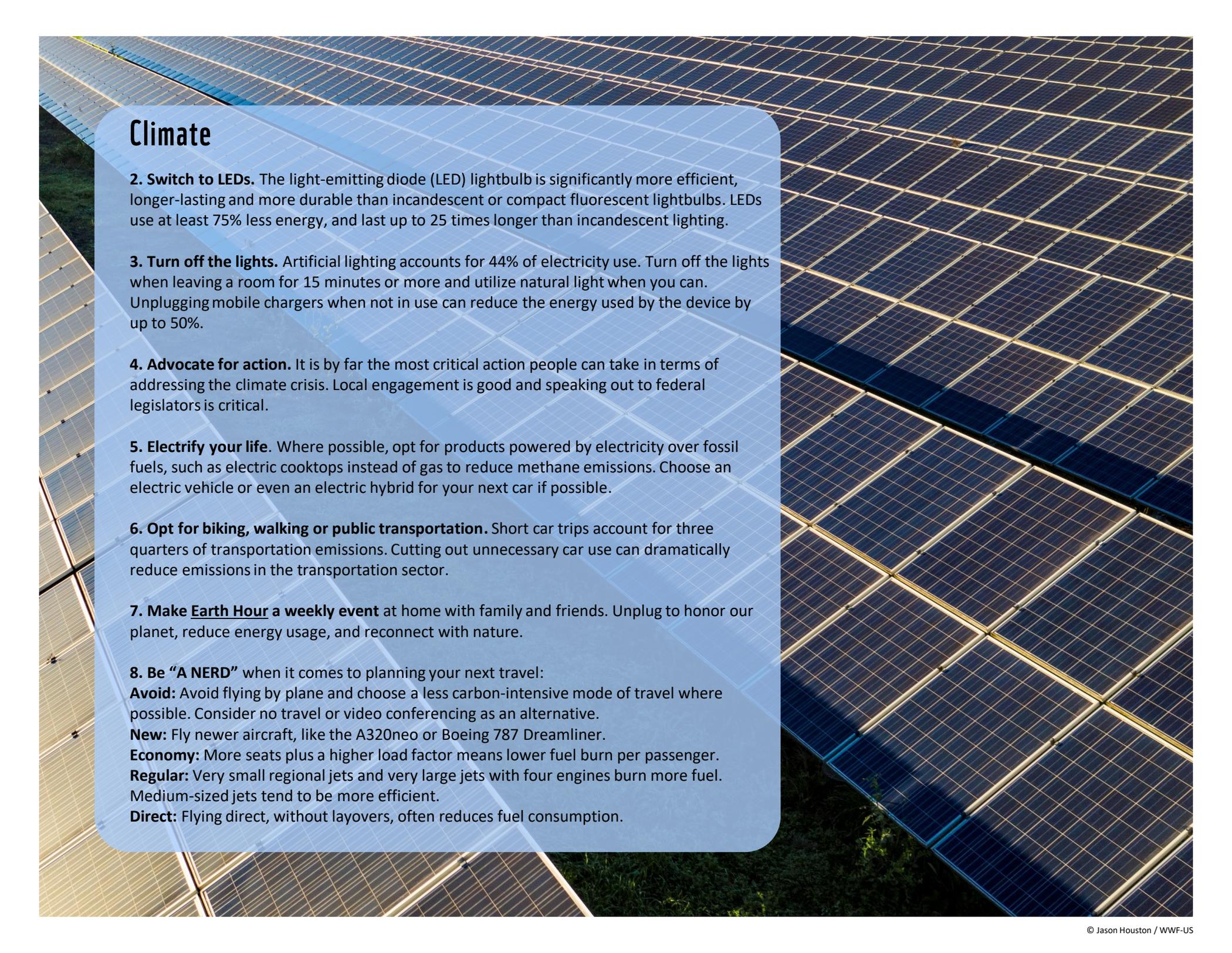
"Invest in Our Planet" is a call-to-action for businesses, governments, and individuals alike to invest in the health and well-being of our planet. As individuals, we can invest our time into making more sustainable lifestyle changes and urging greater climate action from our government officials. At the same time, we can invest our money in organizations that are making a difference, and products that promote sustainable business practices.

This Earth Day and beyond, let's embrace more climate-friendly lifestyles, for individual change transforms into societal change when we all take action in great numbers. And societal change is exactly what our planet needs to survive and thrive.

The various aspects of our environment – from our rivers and our oceans to our food and forests – are interconnected. WWF's experts in these areas have contributed actions to this guide to make it easier to reduce your footprint holistically. Take a look and take action - we hope you are just as inspired as we are to **invest in our planet** this Earth Day.

Let's get started with Action #1: Reconnect 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. Turn off the lights. Artificial lighting accounts for 44% of electricity use. Turn off the lights when leaving a room for 15 minutes or more and utilize natural light when you can. Unplugging mobile chargers when not in use can reduce the energy used by the device by up to 50%.

4. Advocate for action. It is by far the most critical action people can take in terms of addressing the climate crisis. Local engagement is good and speaking out to federal legislators is critical.

5. Electrify your life. Where possible, opt for products powered by electricity over fossil fuels, such as electric cooktops instead of gas to reduce methane emissions. Choose an electric vehicle or even an electric hybrid for your next car if possible.

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. Make Earth Hour a weekly event at home with family and friends. Unplug to honor our planet, reduce energy usage, and reconnect with nature.

8. Be “A NERD” when it comes to planning your next travel:

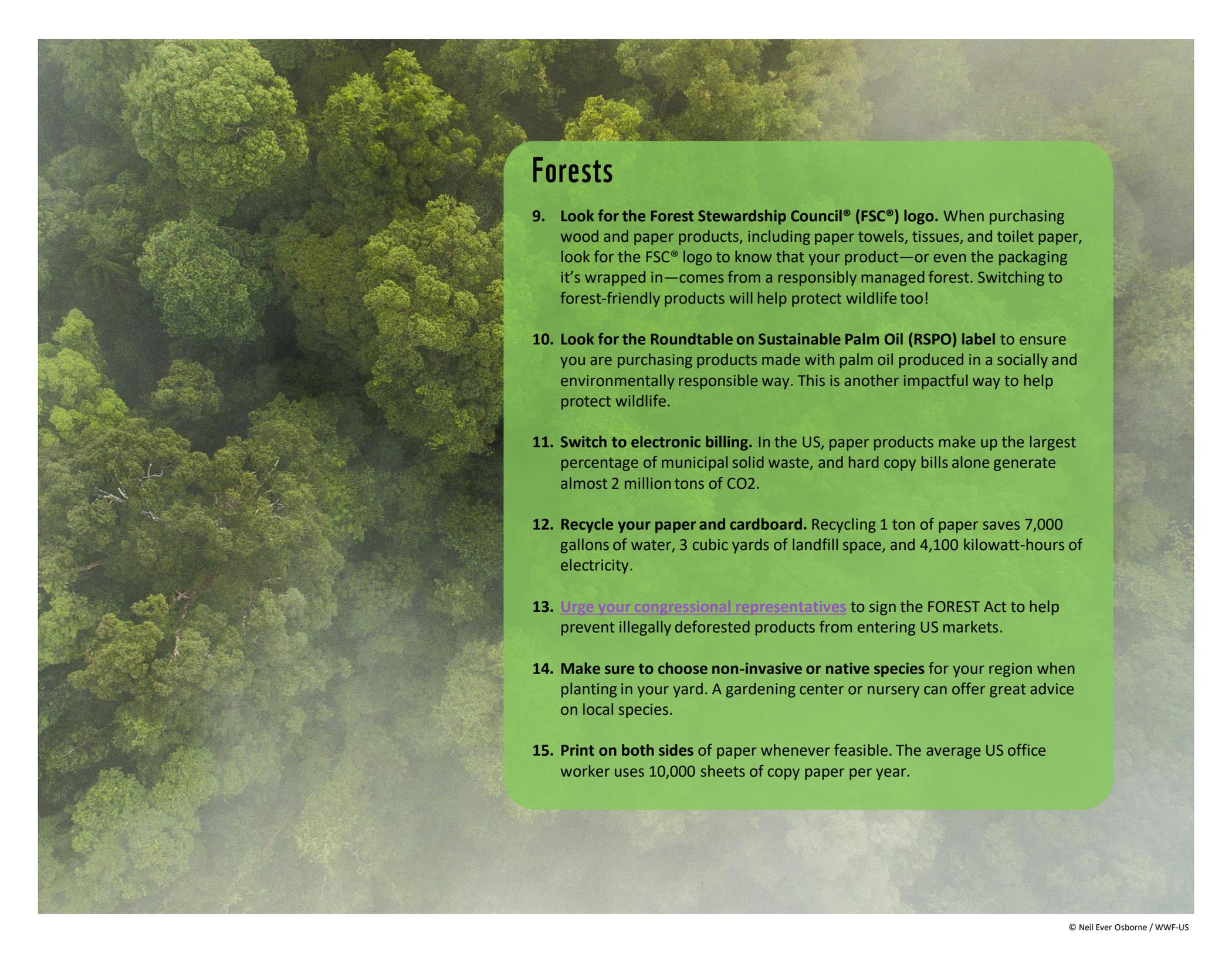
Avoid: Avoid flying by plane and choose a less carbon-intensive mode of travel where possible. Consider no travel or video conferencing as an alternative.

New: Fly newer aircraft, like the A320neo or Boeing 787 Dreamliner.

Economy: More seats plus a higher load factor means lower fuel burn per passenger.

Regular: Very small regional jets and very large jets with four engines burn more fuel. Medium-sized jets tend to be more efficient.

Direct: Flying direct, without layovers, often reduces fuel consumption.



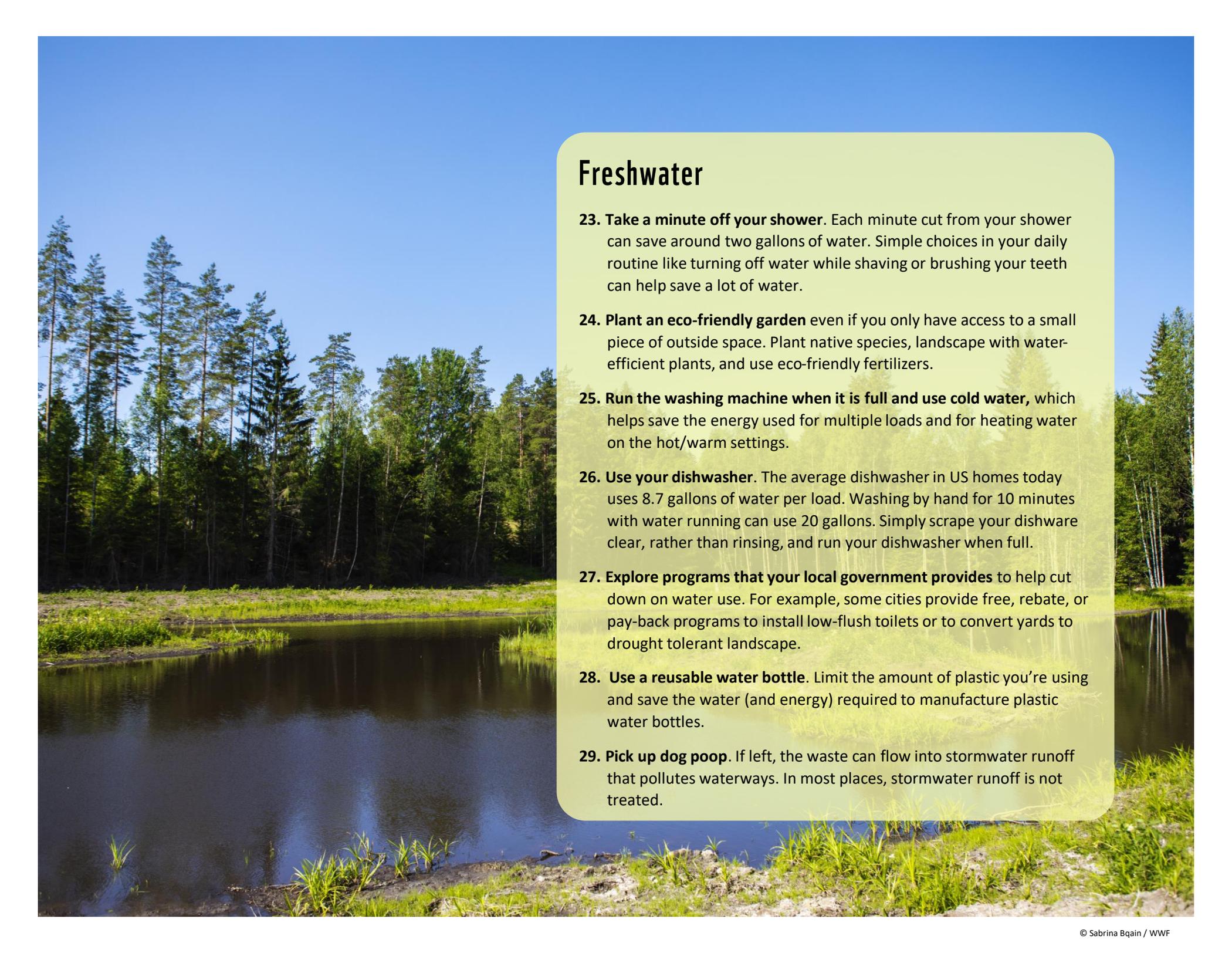
Forests

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. **Look for the Roundtable on Sustainable Palm Oil (RSPO) label** to ensure you are purchasing products made with palm oil produced in a socially and environmentally responsible way. This is another impactful way to help protect wildlife.
11. **Switch to electronic billing.** In the US, paper products make up the largest percentage of municipal solid waste, and hard copy bills alone generate almost 2 million tons of CO₂.
12. **Recycle your paper and cardboard.** Recycling 1 ton of paper saves 7,000 gallons of water, 3 cubic yards of landfill space, and 4,100 kilowatt-hours of electricity.
13. **Urge your congressional representatives** to sign the FOREST Act to help prevent illegally deforested products from entering US markets.
14. **Make sure to choose non-invasive or native species** for your region when planting in your yard. A gardening center or nursery can offer great advice on local species.
15. **Print on both sides** of paper whenever feasible. The average US office worker uses 10,000 sheets of copy paper per year.

Oceans

16. **Buy 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. **Skip unnecessary single-use plastics.** 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.
18. **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.
19. **Pledge** to work together to solve the world’s greatest environmental problems and protect our oceans.
20. **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.
21. **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.
22. **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.





Freshwater

- 23. Take a minute off your shower.** Each minute cut from your shower can save around two gallons of water. Simple choices in your daily routine like turning off water while shaving or brushing your teeth can help save a lot of water.
- 24. Plant an eco-friendly garden** even if you only have access to a small piece of outside space. Plant native species, landscape with water-efficient plants, and use eco-friendly fertilizers.
- 25. Run the washing machine when it is full and use cold water,** which helps save the energy used for multiple loads and for heating water on the hot/warm settings.
- 26. Use your dishwasher.** The average dishwasher in US homes today uses 8.7 gallons of water per load. Washing by hand for 10 minutes with water running can use 20 gallons. Simply scrape your dishware clear, rather than rinsing, and run your dishwasher when full.
- 27. Explore programs that your local government provides** to help cut down on water use. For example, some cities provide free, rebate, or pay-back programs to install low-flush toilets or to convert yards to drought tolerant landscape.
- 28. Use a reusable water bottle.** Limit the amount of plastic you're using and save the water (and energy) required to manufacture plastic water bottles.
- 29. Pick up dog poop.** If left, the waste can flow into stormwater runoff that pollutes waterways. In most places, stormwater runoff is not treated.



Plastics

30. **Advocate:** Petition your local government to enable reusable options, better recycling capabilities, strict regulations on waste disposal, and initiatives to cut plastic waste.
31. **Educate yourself.** Find out which plastics your town's recycling system accepts, and make sure you're always recycling them.
32. **When possible, "bring your own"** to replace common single-use plastics like bags, beverage cups, water bottles, straws, and utensils. Reusable items like cutlery or durable cups cut down on plastic production demand and waste.
33. **Organize or join a cleanup.** Every piece of plastic you pick up is one less piece in nature.
34. **Plan a recycling seminar** or webinar for your office or your community—invite a representative from your local municipality to discuss ins and outs of recycling for your location.
35. **Purchase responsibly** and choose products that are made from recycled content **and** can be recycled.
36. **Reuse creatively.** Think of out-of-the-box ways to reuse older plastic items. Use and reuse plastic as long as you can, then get creative and reuse it for something else!



Food

37. **Push the limits of your ingredients.** 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 and nutrients.
38. **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. **Choose frozen options.** Frozen foods can be just as nutritious and stay edible for much longer. A lot of seafood, for example, is frozen before it reaches your supermarket and then thawed and put on display. That means it will only stay fresh for a few days. Buying frozen seafood can extend the shelf life of the product considerably.
41. **Only buy what you need.** Write a grocery list at home to take inventory of food you already have before buying more.
42. **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.
43. **Ask your representative** to co-sponsor the [Zero Food Waste Act](#). If enacted, the Zero Food Waste Act would establish an EPA program to partner with states, Native nations, and local communities to accelerate their efforts to invest in food waste prevention and recycling infrastructure.

Wildlife

44. Support the [Big Cat Public Safety Act](#) by writing to Congress to cosponsor the bill.

45. Don't buy illegal wildlife products and [report](#) any suspected illegal wildlife product to the [Coalition to End Wildlife Trafficking Online](#). Become a [Cyber Spotter](#) to further help keep endangered wildlife products offline.

46. 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.

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

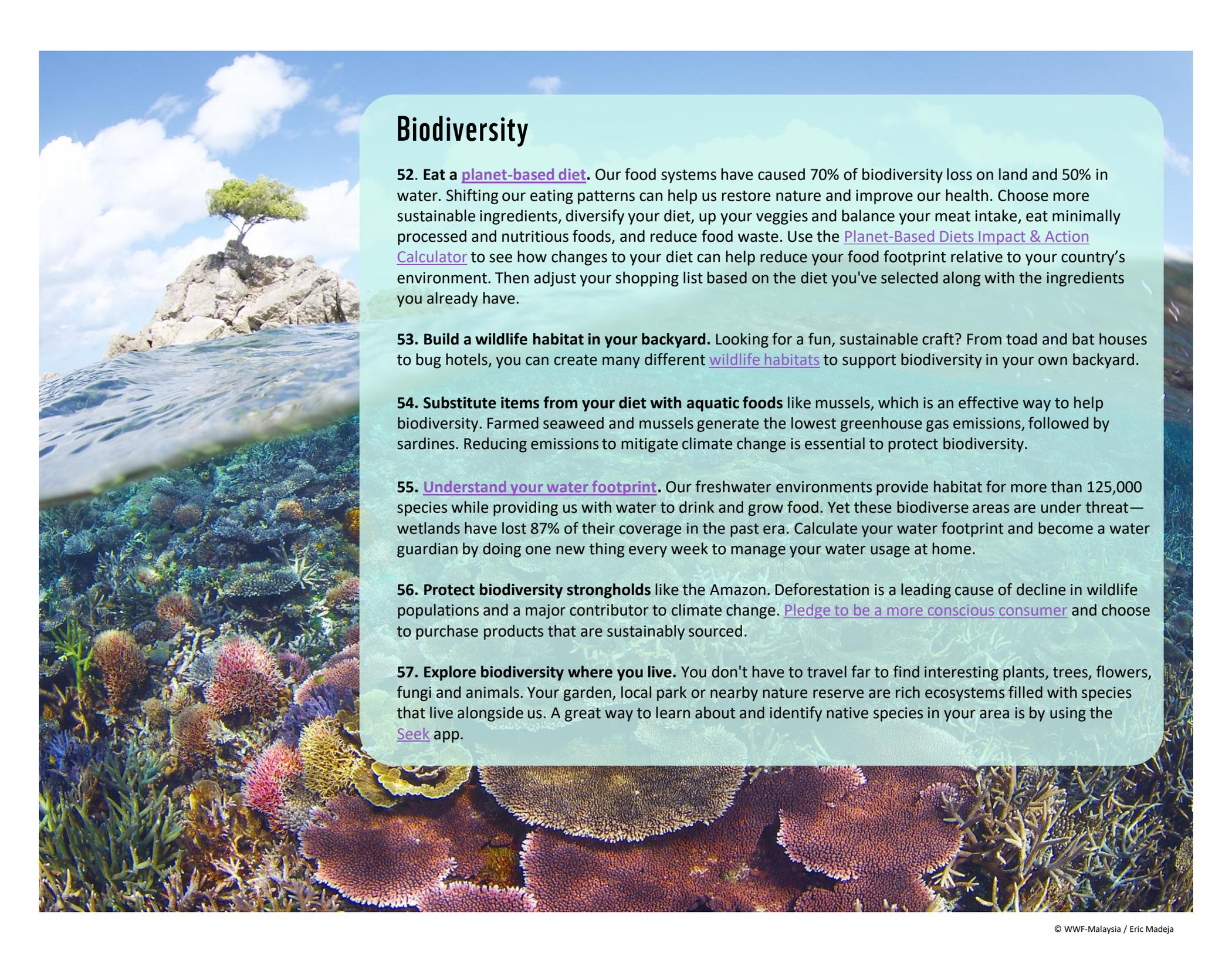
48. Use reusable bags. Plastic bags can cause entanglement for wildlife and negatively impact their habitats, and can also be mistaken for food. A floating plastic bag in the ocean may look like a jellyfish or squid, common prey species for [sea turtles](#) and [whales](#), respectively.

49. 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.

50. Plant a pollinator garden. At least 30% of crops and 90% of flowering plants rely on pollinators, including monarch butterflies, 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](#).

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





Biodiversity

52. Eat a [planet-based diet](#). Our food systems have caused 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 adjust your shopping list based on the diet you've selected along with the ingredients you already have.

53. Build a wildlife habitat in your backyard. Looking for a fun, sustainable craft? From toad and bat houses to bug hotels, you can create many different [wildlife habitats](#) to support biodiversity in your own backyard.

54. Substitute items from your diet with aquatic foods like mussels, which is an effective way to help biodiversity. Farmed seaweed and mussels generate the lowest greenhouse gas emissions, followed by sardines. Reducing emissions to mitigate climate change is essential to protect biodiversity.

55. [Understand your water footprint](#). Our freshwater environments provide habitat for more than 125,000 species while providing us with water to drink and grow food. Yet these biodiverse areas are under threat—wetlands have lost 87% of their coverage in the past era. Calculate your water footprint and become a water guardian by doing one new thing every week to manage your water usage at home.

56. Protect biodiversity strongholds like the Amazon. Deforestation is a leading cause of decline in wildlife populations and a major contributor to climate change. [Pledge to be a more conscious consumer](#) and choose to purchase products that are sustainably sourced.

57. Explore biodiversity where you live. You don't have to travel far to find interesting plants, trees, flowers, fungi and animals. Your garden, local park or nearby nature reserve are rich ecosystems filled with species that live alongside us. A great way to learn about and identify native species in your area is by using the [Seek](#) app.

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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