

## Going Green Exclusive

Thinking of going green? In today's society "green" is used to describe everything from products to communities to blogs. But what does "green" really mean? "Green" equates environmental responsibility. Routine decisions such as which household cleaner to purchase or when to water the garden can affect our global community. Understanding how these daily choices can impact our environment is key to conserving and preserving our natural resources, and ensuring a healthy environment for present and future generations.

Preserving our Earth. Protecting our natural resources. These are huge undertakings. Can the average person make a difference? The answer is YES! You can make a difference!

Consider the tips below. Think about your daily routine. Which of these suggestions pertain to you?

- Reduce waste. Purchase items that use less packaging. Buy items that you use frequently in bulk, and look for items that are sold in reusable or recycled containers.
- Reuse items. Use travel mugs versus disposable coffee cups, repair broken items whenever possible, and donate materials you no longer want to a local charity or church organization.
- Recycle items such as aluminum cans, plastic bottles, glass jars, newspaper, junk mail, and cardboard. Contact your County Solid Waste Coordinator for information on recycling programs in your community or visit [www.waste.ky.gov/recycling/](http://www.waste.ky.gov/recycling/).
- Walk, bike, or carpool to work or school when possible.
- Use reusable bags when shopping. Many stores offer discounts for bringing your own bag. According to Reuseablebags.com approximately 500 billion to 1 trillion plastic bags are used worldwide each year.
- Think local. Did you know that, on average, produce in the U.S. travels 1300-2000 miles from farm to table? By buying fruits, vegetables, meats, and other products from local producers you can support local agriculture and conserve resources, such as energy. For information on local Kentucky producers and products visit [www.kyagr.com/kyproud](http://www.kyagr.com/kyproud).
- Turn off lights and appliances when not in use to save energy.
- Install a rain barrel to collect rainwater to use on your lawn or garden.
- Compost kitchen scraps and yard waste. Use compost as an alternative to purchasing fertilizers.
- If you planned to be parked for longer than 10 seconds, turn off your engine. Vehicle idling wastes gas and money, and causes increased vehicle emissions.

By making a few small changes in your day-to-day activities you can do your part in caring for our Earth. For more information on going green contact your local Extension office or visit [www.ca.uky.edu/gogreen](http://www.ca.uky.edu/gogreen).