10 Green Things You Can Do This Summer

1. Turn off your TV, computer, tablet, phone and video games and get outside!

2. Walk and ride your bike anywhere you can. Combine trips to town and carpool to summer events.

3. Eat locally grown fresh fruits and vegetables from the farmer's markets, farms and other local sources.

4. Use your clothesline to dry your laundry and wet bathing suits and towels from swimming.

5. During hikes, bike rides, swimming and any other outdoor activities, bring an extra bag with you to pick up any garbage. Always leave a place the same as you found - or even cleaner!

6. Decorate with more plants since plants help to cool the air by absorbing heat. Use a rain barrel to collect water for plants. Water plants during the cool hours of the day (evening and morning) so water is not wasted through evaporation.

7. Stay cool this summer by keeping windows and doors closed during the day, including blinds and curtains. Open windows, curtains and blinds once the sun sets to keep your home cool at night. Also run appliances at night to avoid making your home even hotter during the day.

8. Instead of constantly running fans and air conditioning, stay cool this summer by making cold lunches, eating spicy food, having peppermint and staying hydrated. You can also keep lotions, creams in the fridge and a water filled spray bottle to use throughout the day.

9. Mow less if possible and keep a section of your lawn unmowed as a "pollinator meadow". Bees and other pollinators love dandelions and other wildflowers - help them by not mowing their food! Lots of gasoline and electricity is used to power lawn mowers in the summer.

10. Make a pledge - (example) "I,__(insert name)__, hereby pledge to continue being green this summer by wasting less, protecting the Earth and helping others to do the same."