



# Healthy Inside & Out

Knox County Earth Day Festival 2016



## What step will you take for a healthy world?

If you're not sure where to get started, try these suggestions.  
A few small steps can turn into leaps and bounds!

### Home Energy

- Adjust the thermostat; keep it 3-4 few degrees lower in the winter and higher in the summer,  
*...which will save you about 10% on your bill... and cut your contributions to greenhouse gas emissions by 10%.*
- Turn off electronics, or put them on power strip to switch off when not in use (limit vampire energy).
- Turn off the lights, and replace incandescent bulbs with LED's .

*LED bulbs last 25 times longer than incandescent bulbs and use 75% less energy. Over 10 holiday seasons you would spend about \$18 to operate LED string lights versus \$122 for traditional holiday string lights.*

### Nature

- Turn on Nature: spend time with kids discovering nature in your backyard - catch a lightening bug!  
*Kids who spend time in nature are more likely to care for nature as adults. See the Brown Family Environmental Center's guide to things to do outside with family ([bfec.kenyon.edu](http://bfec.kenyon.edu)) or try a Knox County Park ([knoxcountyparks.org](http://knoxcountyparks.org)).*
- Turn on Nature: plant a native tree or plant and enjoy the birds and butterflies that show up.  
Tried and true plants include sunflowers, purple coneflower, butterfly milkweed, serviceberry (a small tree).
- Vote for local officials that will help care for our world with policies that protect it.

### Household Waste

- Set up a compost, and let vegetable scraps work for you by turning them into garden soil.  
*Find out how with OSU Extension, Knox County office. ([knox.osu.edu](http://knox.osu.edu))*
- Limit purchase of packaged foods. You'll enjoy taking the trash out less often, plus health benefits...  
*... such as reducing sodium intake and improving heart health.*
- Recycle paper and containers.  
*Find out how with Knox County Recycling & Litter Prevention. ([www.co.knox.oh.us/offices/recycling](http://www.co.knox.oh.us/offices/recycling))*

## Transportation

\_\_\_ Plan car trips to combine errands. Save mileage and gas money.

\_\_\_ For short trips, walk or ride your bike.

*If American drivers were to make one four-mile round trip each week with a bicycle instead of a car, they would save nearly 2 billion gallons of gas. At \$4 per gallon, total savings would be \$7.3 billion a year.*

\_\_\_ Take care of your ride- drive the speed limit and check your tire pressure regularly.

*Keeping your tires properly inflated, driving the speed limit and maintaining clean oil and air filters can improve fuel efficiency by as much as 25%.*

## Legacy Steps

If you have mastered the suggested small steps above, you may be ready to consider these legacy steps that will have larger impacts for generations to come.

\_\_\_ Plan an environmentally-friendly burial at a conservation burial ground.

*Ask the Kokosing Nature Preserve for more information - [www.kenyon.edu/knp](http://www.kenyon.edu/knp)*

\_\_\_ Consider placing your land in a conservation easement.

*Find out more about conservation easements from the Philander Chase Conservancy ([kenyon.edu/philanderchase](http://kenyon.edu/philanderchase)) or the Owl Creek Conservancy ([owlcreekconservancy.org](http://owlcreekconservancy.org))*

\_\_\_ Limit your personal consumption of goods, including electronics and housewares.

*Consider upgrading your cell phone or television less often. Purchase products (like shoes, for instance) that will last.*

\_\_\_ Support organizations that work for the health of people and the planet.

