



# 30 LITTLE CHANGES THAT GO A LONG WAY

TAKE ACTION FOR EARTH MONTH

Listen to  
**SUSTAINABLE IN  
THE CITY**

PRESENTED IN PARTNERSHIP BY:



Lower the  
temperature  
on your water  
heater.

Use your food  
scraps in  
broths, soups,  
and other new  
dishes.

Switch to  
energy-  
saving  
lightbulbs.

Walk through  
your house and  
unplug items  
not in use.

Build or  
volunteer at  
a community  
garden.



Eat food from  
local sources.



Refuse disposable cutlery  
with your takeout.

Spend time  
outdoors.

Transform your old items into  
new, reusable accessories.



Look for opportunities  
to recycle and compost  
at work.

Plant a  
tree.



Take kids to the recycling center  
to foster a sense of shared  
responsibility.

Create a recycling center in your  
classroom to model sustainable  
behavior at school.

Help students create  
environmental lessons for  
their peers.



Host a  
neighborhood  
clothing or  
toy swap.

Collect rain  
water to water  
your plants.

Take public  
transit.



Try a meatless  
day of meal  
planning.

Join or start a  
green team.

Arrange an  
office-wide  
carpool day.

Schedule or  
attend an Urban  
Green Lab  
workshop to  
learn about  
turning your  
space into a lab  
of sustainable  
learning.

Join Urban  
Green Lab at  
Centennial  
Park's Earth Day  
celebration.



**Nashville  
Earth Day**

Use reusable  
replacements for  
everyday items.

Certified



Corporation

Support brands that are  
certified Benefit Corporations.

Use environmentally-  
friendly cleaning supplies  
for spring cleaning.

Organize a  
neighborhood  
clean up.

Contact your legislative  
representatives to ask for  
effective climate action.



Unsubscribe  
from junk mail.

Donate to an  
environmental  
cause you care  
about.



URBAN GREEN LAB™

[urbangreenlab.org](http://urbangreenlab.org)

[#livesustainably](https://twitter.com/livesustainably)