

Bing

Individual actions for environment preservation matter because they can inspire others to follow suit and create a collective impact against climate change. According to the article in the opened tab, the author says that “we act as billboards for taking climate action” and that “the point is to move the transition that needs to happen from the abstract to the personal”[1]. By showing people in our own lives that we care about the environment and are willing to make changes, we can influence them to do the same and create a ripple effect.

Some of the things we can do for environment conservation, according to the article, are:

- **Swear off single-use plastic bottles and cups.** The author says that this was the first eco-friendly resolution that changed their life and made them more aware of other wasteful items.
- **Switch to a dairy-free milk**[2]. The article explains that cows are really bad for the environment because they produce methane and require a lot of land[3]. Soy and oat are considered the most environmentally friendly alternatives[4].
- **Pick one day a week to break bad habits**[5]. The article suggests that we can try to go meatless or car-free on Mondays, for example, to reduce our carbon footprint and environmental impact.
- **Clean out your fridge once a week and reduce food waste**[6]. The article recommends using up what we have before buying more, and making dishes that can use up leftovers, such as frittatas, fried rice, or forager plates.