

Environmental Actions Knowledge Base Impact Rating Scale 95-100: Exceptional positive impact 90-94: Very high positive impact 85-89: High positive impact 80-84: Moderate positive impact 75-79: Positive impact Below 75: Limited but still positive impact

Actions by Impact Category
Exceptional Impact (95-100) Wildlife Conservation (Score: 98) Environmental Impact: Direct protection of ecosystems and endangered species Personal Benefits: Connection with nature, educational value, sense of purpose Action: Volunteer for habitat restoration or animal rescue
 Beach/Park Cleanup (Score: 97) Environmental Impact: Immediate reduction in pollution, wildlife protection Personal Benefits: Exercise, community engagement, visible results Action: Organize group cleanups in local areas
 Tree Planting (Score: 96) Environmental Impact: Carbon sequestration, habitat creation, air quality improvement Personal Benefits: Physical activity, community connection, long-term satisfaction Action: Participate in organized planting events
Very High Impact (90-94) Community Garden (Score: 94) Environmental Impact: Local food production, reduced food miles, increased biodiversity Personal Benefits: Fresh produce, social connections, outdoor activity Action: Start or join a community garden initiative
 Sustainable Workshop Hosting (Score: 95) Environmental Impact: Multiplier effect through education Personal Benefits: Leadership development, community building Action: Organize and lead workshops on sustainable practices
 Rain Garden Creation (Score: 95) Environmental Impact: Water management, erosion prevention, habitat creation Personal Benefits: Beautiful landscape, reduced water bills Action: Design and build a rain garden
High Impact (85-89) Eco-Friendly Products (Score: 87) Environmental Impact: Reduced chemical pollution, less packaging waste Personal Benefits: Healthier home environment, often cost-effective long-term Action: Switch to biodegradable or natural cleaning products
 Local Food Support (Score: 89) Environmental Impact: Reduced transportation emissions, sustainable agriculture support Personal Benefits: Fresher food, community connection Action: Buy from local farmers and markets
 Bike Transportation (Score: 85) Environmental Impact: Reduced carbon emissions Personal Benefits: Physical fitness, cost savings Action: Replace car trips with bicycle rides

Key Themes and Principles
 Community Engagement Organizing group activities has the highest impact scores
 Community-based actions create multiplier effects
 Social connection enhances environmental impact
 Resource Conservation Water conservation through efficient use
 Energy saving through conscious consumption
 Waste reduction through reuse and recycling
 Sustainable Lifestyle Plant-based diet options
 Minimalist consumption
 Renewable energy adoption

Response Guidelines
 When responding to queries, consider:
 Impact Level Reference the specific score from the data
 Explain both environmental and personal benefits
 Suggest related activities of similar impact
 Practical Implementation Provide actionable steps
 Consider seasonal appropriateness
 Account for urban/suburban/rural contexts
 Motivation Enhancement Emphasize immediate visible results
 Highlight community connection opportunities
 Connect to personal wellbeing benefits

Sample Response Structure
 For each environmental action query:
 State the impact score and category
 Explain environmental benefits
 Describe personal benefits
 Suggest practical implementation steps
 Recommend related activities
 Provide motivation and encouragement

Special Considerations
High-Impact Quick Wins
 Using reusable water bottles (Score: 90)
 Composting kitchen waste (Score: 92)
 Supporting local farmers (Score: 89)
 Long-Term Impact Actions
 Community garden creation (Score: 94)
 Sustainable energy adoption (Score: 93)
 Wildlife habitat creation (Score: 90)
 Educational Impact
 Workshop hosting (Score: 95)
 Zero-waste challenges (Score: 92)
 Community cleanup organization (Score: 93)

Climate change is real! Its horrors are creeping towards us every day with every action we take, consciously or unconsciously, against the environment. The greedy ambition of humans has made us extremely apathetic towards the environment. We are degrading it, and if eco-friendly habits are not imbibed, it may lead to the early doom of humanity. Simple, everyday eco-friendly habits can make the air, water, land, animals, and all elements of the biosphere healthier! This would, in turn, drastically affect our health

and lifestyle – both as individuals and as a society in general. Here are a few everyday eco-friendly habits that are very easy to incorporate into your day-to-day tasks but can dramatically change the fate of the human race and the environment we live in:

1. **Reduced Food Wastage** Reduce food waste by not buying extra, not cooking more than required, or stockpiling unnecessarily that will expire easily.
2. **Say no to single-use plastic** The market is flooded with single-use plastic that takes millions of years to degrade and pollutes the environment. Use reusable products and services instead!
3. **Cut down on meat consumption** The richer the meat, the greater its carbon emissions in the environment. Cutting down on meat consumption can make the environment and your gut healthier.
4. **Begin a compost pit** Place all of your biodegradable waste in a compost pit to maximize its potential as a fertilizer, fuel source, and biodiversity conservation site.
5. **Reduce your use of vehicles** do not drive or ride your motorcycle to places easily accessible by walking or taking public transportation. This saves money, saves the environment, and makes you healthier too!
6. **Be conscious while using water** Though the major portion of the earth is covered with water, very little of it is suitable for drinking or domestic purposes. This is why we need to be extra cautious while using water.
7. **Go for GMO-free foods** Genetically modified organisms can shake up the biodiversity of a place. Buy only natural and organically grown food items that are safer for the environment.
8. **Fuel catalysts save the environment** A proven, patented liquid fuel catalyst can help the fuel burn more efficiently and boost the engine's power. This ensures that harmful gasses are not produced while burning the fuel.
9. **Get rid of indoor air pollution** Place plants that suck up toxic gasses and open doors and windows daily to dissipate indoor air pollution.
10. **Place indoor plants** Apart from beautifying the ambience, indoor plants also produce oxygen and absorb toxic fumes and gasses that can build up due to domestic activities.
11. **Keep a check on the electrical appliances** Not only do you need to cut down on the use of electricity but also ensure that the electrical appliances are well-working. Spoiled electrical appliances may consume more electricity.
12. **Find eco-friendly cleaners** Among your everyday eco-friendly habits, cleaning is essential. But cleaning with such chemicals that harm the environment is not right. Make your DIY cleaners or buy eco-friendly cleaners for your home.
13. **Wooden cutlery is a game-changer** Millions of small shops give disposable cutlery made up of non-biodegradable materials. If all those plastic, Styrofoam, and cling film wraps were replaced by eco-friendly, reusable, or biodegradable materials, we could save tons of trash from being generated.
14. **Choose non-toxic cosmetics** Many cosmetic plants have made a healthier choice by consciously taking care of the environment while producing their products. These eco-friendly beauty products are better for the environment and also much better for your skin.
15. **Choose eco-friendly clothes and jewelry** Many eco-friendly brands make clothes and jewelry from recycled materials. This reduces the demand for raw materials and makes the environment healthier.
16. **Carry your mugs** Plastic cups for coffee, tea, or other beverages contribute to waste generation. If you can carry a small mug with you, you are saving a large chunk of waste from being generated.
17. **Avoid packaged drinking water** Instead, go for recyclable water bottles and keep filling them with fresh filtered water as and when needed.
18. **Use rechargeable batteries-single-use batteries** Batteries are often thrown away into the dump yards without being treated. These batteries contain toxic substances that can leak into the land or react with other substances to produce toxic gasses. Rechargeable batteries save us from this mess.
19. **Repair what can be repaired** Instead of throwing away things as soon as they break or malfunction, try getting them repaired immediately. This saves money, reduces waste generation, and also suppresses the demand for the production of raw materials.
20. **Donate** If you do not need something that is in usable condition, donate it! This may clear up the clutter for you and benefit the person who receives it.
21. **Check your car** With age, your car can lose efficiency. Regular servicing keeps your car environmentally friendly and prevents the production of gases that harm the environment.
22. **Consciously dispose of waste** Not all waste is supposed to be disposed of together. Learn

the basics of waste segregation and disposal to know how to dispose of the various kinds of waste. 23. Make use of the nation's renewable resources Wind energy and solar energy can be used for electricity production as opposed to coal or water. 24. Do not waste paper Try to store as much information digitally as possible. 25. Thrift what you can Do not be ashamed to buy thrifted furniture or even clothes as they are not only lighter on the pocket but are greatly beneficial for the environment. Conclusion Going through these points, you must have realized that most of this is what you already know! The truth is, we all know the plight of our environment, and we are all aware of what needs to be done. It is just leaping and consciously trying to save the environment. It is not difficult at all, just inculcating simple, eco-friendly habits that can dramatically affect the environment and your health for good! 10 green habits to save our planet Posted on November 11, 2018 by Elena Bragantini Doing an appropriate differentiated waste collection, turning off the lights, moving by bike...represents simple daily actions that is integrated in a every day life routine of very people, can make the difference by contributing to the safeguard of the planet. Here you have the green habits to adopt to contribute to the safeguard of the planet. Simple everyday actions and ecological expedients that we can adopt at home or even on holiday. Each of them can make the difference and contribute to the safeguard of the hearth. Here 10 green habits that everyone of us can adopt at home, at work and on holiday: 1. Do not buy plastic bottles green habits: Do not buy plastic bottles Avoiding the purchase of plastic water and use a canteens represent a green choice – picture of Evan Wise on Unsplash The plastic bottles are one the biggest contributor to our landfill. Every minute a million of bottles are used and only the 9% can be recycled. The remain is accumulated in our landfill and often it finishes in the ocean, where according to the experts, in the year 2050 there will be more plastic than fishes. A sustainable alternative is to use a canteen while traveling and choose, if possible, the water of the water faucet (that can be purified by using a refiner) and prefer the water in glass bottles. 2. Recycle: one of the best green habit green habits: Recycle It might seem ordinary but recycle is fundamental for our environment at home or by traveling. The majority of the cities has now a system of recycle but if your city or the place in which you are spending your holidays doesn't practice the differentiated waste collection...then you can begin! And do not forget to teach it even to the children. According to the Legambiente esteems, by recycling the half of the garbage, we reduce the CO₂ and the polluted gas in the atmosphere of a quantity between the 150 and 200 kilogram per year. 3. Plant a tree green habits: Plant a tree Planting a tree in your garden is one of the best way to reduce the air pollution. The trees absorb the carbon diopside and produce oxygen, by improving the air of the cities with positive effects on the health. More trees means cleaner air. 4. Save water green habits: Save water Picture of Pan Xiaozhen on Unsplash The water is a precious good that is unfortunately limited but thanks to technology of today, it is possible to purify it and to reuse it. Not only having a shorter shower and close the water faucet while brushing the teeth. With small efforts you can adopt some simple expedited to reduce the consumption of this precious good. As installing with a small expense a water flow restrictors for our faucet, reducing the flow of water and saving approximately the 50% of the water. 5. Save energy green habits: Save energy In order to avoid the waste and excessive consumption of energy, why do not install in your home the LED energy saving light bulb ? A small investment useful to safeguard the planet, that will lower your bills. In fact the energy saving lights consumes the 75% less of energy of the traditional lights. Moreover, at home or in holiday in your eco-friendly chalet remember to always turn off the lights and to switch off all the devices and appliances. 6. Choose the self production green habits: Choose the self production Even cook and produce home made past is a green choice – Picture of Rawpixel via Unsplash. Home made food, natural soaps, preserves, jams, body creams or infusions...the self production is one of the fundamental choices to save and live in a more sustainable way. Think only to the CO₂ emissions of a car that we can avoid by renouncing to go to the supermarket to choose what we can

produce, to the transport avoided to the producers (that comes from different and distant places) and of the saved packaging. Some times we need just a few simple ingredients to produce at home what we need. An example? You can produce ecological and natural cleanings by using the lemon, vinegar and the skins of the oranges.

7. Choose the sustainable mobility green habits: Choose the sustainable mobility Bike sharing – Picture of VizAforMemories via Unsplash To avoid your carbon foot print, choose the train rather than the car, avoid the cruises and when you can try to move by bicycle. It is always better to choose the public means of transport to move, in order to improve the air pollution. But when it is not possible then try to organize or participate to a carpooling! Your movements will be green and funny and you will have the chance to know new people.

8. Be careful of the expense green habits: Be careful of the expense Farmer's market – picture of Peter Wendt via Unsplash In the Western countries, approximately 670 millions of packaged food are thrown away every year. It means more than 95 kilos per year per person. As a consequence, we must learn how to shop, choosing the necessary food quantities, without being influenced by the offers and trying to avoid the waste. Better to do not full to much the fridge: a full fridge consumes more! Finally, it is important to purchase bio and local products supporting the virtuous economy and the short supply chain (kilometers zero). In this way, you reduce the CO2 emissions due to the transfer of the food products. And, if you have the fortune to have a farmer market near home, choose it instead of the supermarket!

9. Use second hand objects green habits: Use second hand objects Dresses and second hand objects- picture of Our Bahcivancilar via Unsplash A smartphone, a vintage dress, tea and coffee dregs, an old bicycle...everything has a second life! We are in a consumeristic society: we tend to throw away what is broken for buying a new one. But if we adjust it instead of throw it away? The fruits dregs and vegetables can become compost for the garden, an old cotton jacket an excellent dust rag. Without forgetting that several objects can be second hand purchased.

10. Prefer washable nappies green habits: Prefer washable nappies Do you know that the disposable nappies produce the 15% of the non recyclable waste? Besides the expensive costs (approximately 1.500 € per child) they also damages the environment and irritates the skin. For this reason, if you have to take care of a baby, the solution is to use washable nappies that are causing less inflammations for the child, they are ecological and reusable. As last homework we have to adopt these 10 simple green habits and to share our life style with friends and parents for a more sustainable world!

12 Ways to Live More Sustainably Every day we make choices in our lives that affect the environment, the climate and other species. From what we eat to how many children we decide to have, there's a lot we can do to "choose wild" and reduce our environmental footprint to leave more room for wild animals and plants. Our individual actions matter – but we can't do it alone. Share this page to inspire others and check out our action alerts for ways you can advocate for policy change. Think twice before shopping. Ditch plastic and switch to reuse. Take extinction off your plate. Simplify the holidays. Choose organic. Ditch fast fashion and animal-based textiles. Be water wise. Drive less, drive green. Green your home. Boycott products that endanger wildlife. Fight for the right to choose when and if to start a family. Take action. Use your voice.

1. Think twice before shopping. Think twice before shopping Every product we purchase has an environmental footprint, from the materials used to create it to the pollution emitted during manufacturing to the packaging that ends up in landfills and incinerators. Even if you can recycle or compost a product at the end of its life, the upstream damage has already been done. So before you buy, ask yourself if you really need it. If you do, consider buying secondhand instead of new, and look for products made from lower-impact materials and with minimal packaging and shipping. Learn more about the benefits of secondhand shopping.

2. Ditch plastic and switch to reuse. Ditch plastic and switch to reuse. Plastic never goes away. At least 14 million tons of it ends up in the ocean annually, making up 80% of all marine debris. Every year thousands of seabirds, sea turtles, seals and other marine mammals are killed after ingesting plastic or getting tangled up in it. You can start

cutting down on your plastic waste in a few simple steps: Use reusable bags when you shop, ditch single-use water bottles, bags and straws, and avoid products made from or packaged in plastic whenever possible (e.g., select unwrapped produce at the grocery store). Switch from single-use to reusable products every chance you get — every piece of plastic avoided is a win for the planet. Learn more about plastics pollution in our oceans and the problem with plastic bags.

3. Take extinction off your plate. Take extinction off your plate Meat production is one of the most environmentally destructive industries on the planet, responsible for massive amounts of water use, pollution, greenhouse gas emissions and habitat destruction. So when you choose to eat more plant-based foods and reduce your meat consumption you reduce your environmental footprint. Also, food is the single largest category of material thrown into municipal landfills. In the United States nearly 40% of edible food goes to waste — and all of the land, water and other natural resources that went into producing it go to waste along with it. Prevent food waste with smart, planned shopping and make sure to consume what you purchase. Learn more about how to adopt an Earth-friendly diet and beat food waste.

4. Simplify the holidays. Simplify the holidays Holidays, birthdays, weddings and other celebrations are often excessively wasteful. In December, for example, Americans create 23% more waste than in other months of the year. But it's not just the extra trash that's a problem. All the fossil fuels, trees and other natural resources that go into producing gifts, decorations, single-use dinnerware and wrapping paper make our celebrations dreary for wildlife and the habitat they need to survive. But you can redefine your celebrations in ways that respect land, waters and wildlife. Instead of celebrating your next holiday with plastic décor, excessive gifts and single-use food and drink containers, you can decorate with foraged plants, give homemade or secondhand gifts, and serve plant-based meals with reusable dinnerware. Learn more about how to simplify the holidays and have more fun with less stuff.

5. Choose organic. Choose organic From coffee to fruit to clothing, choosing organic products helps reduce your impact on wildlife and the planet. More than 2 billion pounds of pesticides are sold annually in the United States. Pesticides are pervasive in fish and wildlife habitat and threaten the survival and recovery of hundreds of federally listed species. Pesticides also pollute the air, water and soil and contaminate the food we eat. If you garden, avoid pesticides at home by growing organically. Building wildlife habitat in your yard by growing native, pollinator-friendly plants and removing invasive species will attract beneficial insects and help keep unwanted pests away. When you choose organic, you're keeping harmful pesticides out of our land and water, protecting farm workers, vulnerable communities, wildlife and your family. Learn about how we're fighting to stop the most toxic pesticides.

6. Ditch fast fashion and animal-based textiles. Ditch fast fashion and animal-based textiles Fast fashion is an enormous, rapidly growing industry. The number of new garments made per year has nearly doubled over the past 20 years, and our global consumption of fashion has increased by 400%. The fast fashion industry is a significant contributor to the climate crisis, responsible for as much as 10% of global carbon emissions. Animal-based textiles like wool are responsible for water pollution, widespread habitat loss from deforestation, and other harms to wildlife. Slow down your fashion by caring for your clothes, repairing when possible and, when you need new clothes, shop secondhand or join clothing swaps. If you must buy new, look past the greenwashing and purchase clothing made of truly sustainable materials like organic cotton or Tencel from brands that are made to last. Read about greenwashing of the wool industry and the harms of fast fashion.

7. Be water wise. Be water wise Water conservation is critical as our growing population puts increased demand on the nation's water sources and we face unprecedented droughts. You can conserve water by taking shorter showers, fixing leaky toilets, and choosing low-flow and low-water appliance options. Consider xeriscaping your yard, a landscaping technique that uses native, drought-adapted plants that require less water and maintenance over time and provide habitat and food for birds and bees. Also, one of the biggest water hogs is animal agriculture, so shifting your diet away from meat and

dairy products saves water too. Learn about safeguarding water for people and wildlife.

8. Drive less, drive green. Drive less, drive green Fossil-fueled transportation emissions create greenhouse gases, smog, soot and other harmful air pollution. But changing your driving habits can dramatically reduce your carbon footprint. Walk, bike, carpool, use public transportation or join ride or bike shares whenever possible. Combine errands to make fewer trips. Participate in, or start, car-free days in your community. Ask your local officials to invest in electric vehicle fleets and charging stations, and if you're in the market for a new car, consider buying electric. It's also important to keep your car in shape with regular tune-ups and tire inflations. Tune-ups can increase your fuel efficiency — a tire that is 20% underinflated can increase a vehicle's fuel consumption by 10%. Learn more about transportation and global warming.

9. Green your home. Green your home Just as keeping your car in shape improves your fuel efficiency, keeping your home in shape improves your energy efficiency. Make sure your home has adequate insulation and energy-saving windows and use a programmable thermostat for more efficient heating and cooling — and, of course, energy-saving lightbulbs for more efficient lighting. If your state allows you to pick your electricity supplier, use a company that generates at least half of its power from wind, solar and other clean sources. Installing rooftop solar panels or solar water heating also helps the planet and can save you money. Many states now offer incentives to help you green your home or rental at low or no cost. Call your energy provider to see if it offers free energy audits or knows of a company that does. Learn how to keep cool without the climate cost and weatherize for wildlife.

10. Boycott products that endanger wildlife. Boycott products that endanger wildlife Products made from animals on the endangered species list are illegal to buy, sell, import or trade in the United States, but if a plant or animal hasn't been listed yet, they can still be harmed for someone's profit. Also, some products harm endangered species by threatening their habitat, from cutting down old-growth forests to using up the water that riparian species need to survive. To avoid contributing to the endangerment of wildlife, shop conscientiously and look for products made from sustainable materials like bamboo and dine at restaurants that refuse to serve imperiled species like bluefin tuna. Join the Bluefin Boycott and learn more about how the world comes together to tackle wildlife trade.

11. Fight for the right to choose when and if to start a family. Fight for the right to choose when and if to start a family With more than 8 billion people in the world our demands for food, water, land and fossil fuels are pushing other species to extinction. Human population growth and consumption are at the root of our most pressing environmental crises, but they're often left out of the conversation. By advancing reproductive health, rights and justice and gender equity, we can improve the health of people and the planet because better education and access to family-planning services decreases family size and our overall carbon footprint. Get the conversation started by talking about family planning with your partner. In your community, stand up for reproductive freedom by supporting comprehensive sex ed in schools, free and easily accessible contraception and abortion access. Learn more about human population growth and overconsumption and sign up to distribute our endangered species condoms.

12. Take action. Use your voice. Take action, Use your voice One of the best things you can do for wildlife and the planet, today and for the future, is to get politically involved in your community and at the national level. Vote for candidates with strong environmental platforms. Urge your representatives to pass stronger policies to limit greenhouse gases, fight climate change, protect wildlife and public lands and support access to reproductive health services. Vote with your wallet by donating to organizations fighting to end the extinction crisis. Sign and share action alerts, attend events, and talk to your friends about endangered species protection and the need to address human population growth and overconsumption.

Ten Simple Things You Can Do to Help Protect the Earth Reduce, reuse, and recycle. Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space. Volunteer. Volunteer for cleanups in your community. You can get involved in protecting your watershed, too.

Educate. When you further your own education, you can help others understand the importance and value of our natural resources. Conserve water. The less water you use, the less runoff and wastewater that eventually end up in the ocean. Choose sustainable. Learn how to make smart seafood choices at www.fishwatch.gov. Shop wisely. Buy less plastic and bring a reusable shopping bag. Use long-lasting light bulbs. Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room! Plant a tree. Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change. Don't send chemicals into our waterways. Choose non-toxic chemicals in the home and office. Bike more. Drive less.