

Lamont-Doherty Earth Observatory  
COLUMBIA UNIVERSITY EARTH INSTITUTE

# How You Can Help Our Planet

Here are some simple ways you can help protect the Earth in your daily life:



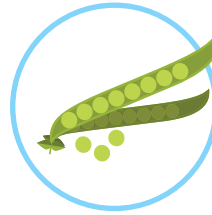
**Reduce and buy less.**  
Look for ways to reuse, repair, and repurpose.



**Say NO to single use plastics** such as bags, bottles, and straws.



**Switch to energy-efficient light bulbs.**



**Eat more vegetables/beans and less meat.**



**Walk or bike whenever you can.**



**Power down appliances when not in use.**



**Conserve water...it's a precious resource.**



**Use eco-friendly cleaning products.**



**Share these tips with your friends and family!**



## Fun Facts Did you know...

150,000,000 cell phones  are discarded each year in the U.S. alone.

If just one person used recycled bags over a lifetime,  there would be 22,000 fewer plastic bags in the environment.

 Energy-saving bulbs last at least 6 times longer than traditional bulbs.

Farming vegetables  emits fewer greenhouse gases into the atmosphere than  farming livestock.

If you walk or bike, you don't pollute, get stuck in traffic,  or have to look for parking.

Unplugging  appliances saves energy and 5 to 10 percent on your electric bill.

Turning off the faucet  when you brush your teeth can save 4 gallons of water each time.

70 percent of streams in the U.S. contain chemicals from  laundry detergent.

Learn more

If you'd like to learn more about what we are doing at the Lamont-Doherty Earth Observatory to help the Earth, please visit our website:

[Ideo.columbia.edu](http://Ideo.columbia.edu)

and follow us on social media:



Also visit our hands-on Hudson River Field Station located on the Piermont Pier in Piermont, NY:

[blog.Ideo.columbia.edu/piermont](http://blog.Ideo.columbia.edu/piermont)

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