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World Environment Day

De-Ann Smith June 05, 2020

It's World Environment Day today. The theme for 2020 is "Celebrate Bio-Diversity." Biodiversity is derived from the words "biological" and "diversity". It refers to the different types of life found on Earth (plants, animals, etc) as well as the communities they form and the environments they live in.

Understanding the environment and the science behind how living organisms contribute positively or negatively to its health can be intimidating. What we can't ignore, is the reality of climate change especially in the Caribbean region, with the increased activity during hurricane season. Within the hurricane season itself, if we are not taking care of our environment, we risk flooding at higher rates.

How can we as individuals do our part to help save the environment? Follow these simple steps below:

1. Pay your bills online. Not only is it greener, it saves you the headache of long lines.
2. Keep electronics out of the trash and in your possession for as long as possible. E-waste contains mercury and other toxins which are harmful to the environment.
3. Buy an inexpensive reusable water bottle and refrain from buying disposable plastic bottles.
4. Stop using disposable bags. Purchase reusable bags to do your grocery shopping! Leave a few in the car so you always have some with you if you make a quick stop.
5. Conserve Water. Don't let the tap run constantly when brushing your teeth and washing dishes, and if you collect soapy water, throw it in the garden as insecticide.
6. Vegetable peelings and eggshells can be used as fertilizer in your garden.
7. Repurpose glass jars as leftover containers and bulk storage, especially in the kitchen
8. Reuse scrap paper. Print on two sides or let your kids color on the back side of used paper.
9. Collect rainwater and use it to water your houseplants and garden.
10. Donate or recycle where possible

We can all do our part! Let's Go Green and take care of our environment.