



## The Five Peace Actions

SEEK peace within yourself and others

REACH OUT in service

PROTECT the environment

RESPECT diversity

BE a responsible citizen of the world

*Empowering communities to educate  
for a just and peaceful world.*

## Earth Day is April 22nd!



Our chance to get it right after weathering a pandemic is at our doorstep! After making many adjustments in our daily lives to keep ourselves and others safe we have learned to be more kind to our Mother Earth. Statistics show air pollution has decreased, noise pollution has dropped, and water quality has improved according to recent data from NASA and the U.S. Geological Survey.

There are ways to help the Planet today by **PROTECTING THE ENVIRONMENT**. Try using reusable produce bags to keep your food fresh and making it less likely to be tossed. This saves money and landfill space. Live in a city or help your city make Mother Earth a priority. Jill Gonzales, senior analyst for WalletHub, suggests choosing a location that cares about traffic congestion, public transportation, biking and walking options, renewable energy sources, tree canopies, good air quality, and access to healthy food. Try to eat less red meat as beef produces approximately **10 times** more greenhouse gas than the same amount of chicken.

Visit the World Citizen website and social media for additional ideas to keep Mother Earth healthy for generations to come. Partner with World Citizen to **PROTECT THE ENVIRONMENT!**

Peace,

Kathy Millington



Donate



Try a new way to compost and quit the plastic habit! Try products that are made with nonplastic or biodegradable materials or with containers that can be refilled and reused.



### Start Making a Change!

Support clean energy. Take advantage of renewable sources such as wind, sun, and water. Maybe you will even consider an electrical vehicle.

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