



CITIZEN ACTION SHEET: HELP THE EARTH IN EVERYDAY LIFE

Want to do more to help the Earth, protect humanity and Generally Win At Life? Here's a simple list of steps you can take to make the world a better place TODAY.

Pro tip: Don't freak out and try to do everything at once. That's a sure recipe for doing nothing. Instead, pick one or two do-gooding duties and get started right away. You'll be surprised how much momentum you can pick up!

Without further adieu ...

START COMPOSTING

[Explore the Benefits of Composting](#)

Not sure why you should take the time and make the effort to collect those food scraps? Here's an easy, digestible (no pun intended) primer to speed you on your way to the right decision.



[Compost Even If Your City Doesn't Offer Municipal Pickup](#)

If your municipality doesn't offer curbside compost, are your dreams dead? No siree, Bob! There are a huge number of ways to save organic materials from landfill, and you can find them here.

BECOME A CITIZEN SCIENTIST FOR MONARCH BUTTERFLIES

[Learn About Monarch Butterfly Recovery](#)

You probably already know that the monarch butterfly has had a rough time of it lately. You might not know how serious its plight is, however, so it's important to educate yourself.

[Take Action for Monarch Butterfly Recovery](#)

Once you do, go ahead and take action! There are some very easy ways to help the monarch butterfly without devoting your life to the cause. Check it out here.

DO THE POLLINATORS A SOLID

[Help Hummingbirds with a Rooftop Garden](#)

Want to help more than the monarchs? The hummingbird is another pollinator that needs TLC right here in the city. Again, there's plenty you can do.

[Create Nesting Habitat for Native Pollinators](#)

Our native bees and bugs lose more habitat every day, and they really need it back. You can create it for them right here in the city.

[Garden with Pollinators in Mind](#)

If you're a gardener extraordinaire, there's no need to change your ways. With just a few adjustments, you can garden for the pollinators and still enjoy a Martha Stewart-worthy yard.

[Use the Right Species in Your Garden](#)

Some plants pretend to be good for pollinators and the environment, but they're fooling you. Educate yourself on the truth and you'll never make a bad garden center call again.



INVEST IN GREEN SPACE

[Leverage the Benefits of Urban Gardens](#)

Green space is lacking in many corners of the city, which is sad, because it brings so many benefits to those who get to enjoy it. Luckily, urban gardens are here to save the day.

[Increase Genetic Diversity Through Native Gardening](#)

Genetic diversity is a BIG DEAL, whether we're talking plants, animals or even humans. Learn how to apply this critical concept to your yard today.

[Get a Rooftop Garden Today](#)

Rooftop gardens are green spaces with perks. Read up on how they work, what they can offer you and how you can get started!



GET OUT IN NATURE

[Increase Your Mental Health with Time in Nature](#)

You already know nature is soothing, but what you might NOT know is how many health benefits it carries with it. Here's how to cultivate bomb mental health in the Great Outdoors.

[Embrace Your Biophilic Side Today](#)

Biophilia? It's a thing, and has been for several decades now. If you haven't yet learned about this critical concept, we've got your light read for the day.

[Bathe \(Yes, Bathe!\) in the Forest](#)

The Japanese concept of forest bathing has caught on everywhere, bringing the soothing peacefulness of nature to troubled minds across the globe. Here's how it can help you!

Want to learn more about environmental strategies to help the world? [Visit the blog!](#)

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GET IN TOUCH TODAY!

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