



## 18 Things YOU Can Easily Do in a Jewish Home to Heal the Earth

1. **Reduce your garbage** -- "Wasting even as little as a mustard seed is against the law of *Bal Taschit* (do not waste)" Maimonides. Strive to reduce your waste by buying products with less packaging and using re-usable cups, plates, silverware and lunch containers.
2. **Use reusable bags** -- If every American family used just 10 fewer plastic bags a month, we'd save 10 billion bags a year. Reusing material goes back a long way in Jewish tradition. In fact the wicks for the menorah in the temple used to be made from the reused underwear of the Priests!
3. **Turn off the tap** -- When you brush your teeth, wash your face, shave, etc.; we pray for rain 3 times a day, don't let the blessing go down the drain. Conserve water!
4. **Take public transit, carpool, or bicycle** -- Reduce your carbon footprint & help stop climate change while getting exercise and having fun. Research all other options before choosing to fly to your destination.
5. **Eat less meat** -- The amount of energy, water and oil it takes to produce a meat meal is 10-20 times greater than for a vegetarian meal. Reduce your meat consumption, 1 meal at a time -- or join Adam & Eve and go vegetarian!
6. **Carry a reusable mug or water bottle** -- Stamp out styrofoam, paper cups and plastic water bottles with style. Visit the Teva website or your locally-owned coffee shop to find a portable, reusable mug or water bottle.
7. **Say a *Bracha* (blessing) over your food** -- Take a moment to appreciate where your food comes from and the resources -- both human and natural -- that brought your food to your plate.
8. **Plant a garden & enjoy its fruits** -- Homegrown food is delicious, healthy, and good for the planet. Start small and look up easy-to-grow foods for your region. Food in the US travels an average of 2000 miles from the farm to your plate. Live the value of *bal taschit* by bringing your food production closer to home.
9. **Buy local and organic** -- Pesticide and herbicide use has been linked to human illness, and often has devastating affects on animal and plant species. Transportation of food is a major contributor to global climate change. Buying local and organic food is healthier for you, the workers and the planet.
10. **Save water with each flush** -- 40% of fresh water in your house is flushed down the toilet. Save money & reduce your water consumption by putting a water displacer (brick or reused water-filled bottle) in the tank of your toilet.
11. **Use compact florescent light bulbs (CFLs)** -- Help your family and community be "a light unto the nations." CFLs are made to fit all light sockets. They last years longer and use ¼ the energy of incandescent bulbs.
12. **Save energy** -- Turn off your lights, and unplug your computer, television, and other electronics when they are not in use. Plug everything into a power strip and turn it off easily with one switch. Save money and help our earth.
13. **Celebrate Shabbat** -- Shabbat is a day where we accept the wondrous world as it is, without changing or manipulating it. Shabbat is our ultimate environmental holiday, every week! Go for a walk, leave the car, notice your surroundings, rest, reflect, and build community. Take a day to appreciate the world in which we live as it is.
14. **Care for local wildlife and Adopt a pet from the shelter** -- Be like Noah: Protect the world's animals in this era of habitat destruction. Put up a birdfeeder; Plant native flowers for pollinators; Adopt a furry friend from the shelter.
15. **Compost** -- 33% of household garbage is food waste. Composting can eliminate this waste and will provide a nutrient-rich, chemical free fertilizer for your garden. Learn from the Baal Shem Tov who said, "A person should consider himself as a worm, and all other creatures his friends in the world."
16. **Go for a hike** -- For centuries our spiritual leaders have connected to God and creation through nature. Try saying the Shema at the top of a mountain and spend a little time outdoors in the same spot each day.
17. **Write a letter** -- Write to your local, state and federal representatives calling for strong and specific climate legislation, protection for endangered species and ecosystems, stricter fuel economy laws, support for healthy, local food, or any other of the many vital environmental issues. Let them know you care!
18. **Get involved** -- Contact a local or national environmental organization to see how you can be involved in making a change in your community.

For more information on the work of the Teva Learning Center  
visit [www.tevacenter.org](http://www.tevacenter.org) or contact us at 212-807-6376.