

Building A Better Future

Spontaneous Composting! Jump Into Action!



Composting is a great way to help the earth. As it helps the climate by reducing methane emissions from landfills and reduces solid waste management. The great thing about composting is that it can be done on various scales from small households to large scale operations. What is composting? Composting can be done in several different ways with the main thing being that it is made up of organic matter that is added to soil to help plants grow. If you have the yard space, it can be done in the yard as a large enough pile or in a composting bin that you can purchase. Low on space or live in an apartment complex? They make composting bins designed to be stored under the sink or even in the fridge for very small-scale composting. Composting is great because ultimately it is going to enrich soil, reduce waste, and lower the need for synthetic fertilizers. If you want to contribute to the goal of less food waste but do have the means to compost yourself, you can see if your area has a local composting organization that you can drop off food scraps too.

For more information on composting basics [Composting Basics](#) and [Composting for Beginners](#) .

Farm-to-Fork

Buying locally grown and in-season foods and products can help to reduce emissions from the transportation of these products. Even more, purchasing local foods can have benefits such as preserving genetic diversity of foods, building communities to learn about farm life and agriculture, supporting the preservation of open spaces, keeping taxes down, benefiting the environment and local wildlife, and providing investment to the future to ensure that there will continue to be farms and farmers markets in our communities.

Farmers and Community Markets are a great way to talk to farmers about the freshest local produce available while picking your fruits and vegetables for the week. Attending a local market is a great way to support our community, learn more about different produce, and support our green Earth.

Even more, purchasing foods from local markets can promote healthier eating habits and can introduce a variety of food products into our diets. Local markets are also great at promoting Eating the Rainbow!

To *learn* more about farms and in-season products go to [New Jersey Farms Bureau](#) or [the State of NJ Department of Agriculture](#).

To *find* local farms and farmers markets near you visit any of these sites:

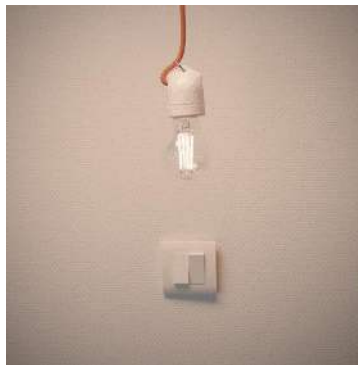
1. **Local Harvest:** <http://www.localharvest.org/>
2. **Jersey Fresh:** <http://www.nj.gov/jerseyfresh/searches/urban.htm>
3. **Edible Jersey:** <http://www.ediblecommunities.com/jersey/directories/directories.htm>
4. **Slow Food NJ:** <http://www.slowfoodnj.org/resources.php>



Everyone knows that exercise is good for our bodies in various ways, but did you know that exercising outdoors can be good for the planet as well? It can be done in a variety of ways some small ways we can make the difference is choosing to walk or ride a bike instead of driving or taking public transportation. This is of course if it makes sense in your situation to do so. By walking or riding bikes we are lessening the amount of greenhouse gas emissions put into the air. Sustainable exercise is also good for the environment because we can leave the areas, we work out in cleaner than we find it. Working outside not only has great benefits for our bodies but also the environment since we are reducing the consumption of resources.

[Sustainable Exercise](#)

[Exercise: Happy People and a Healthy Planet](#)



It's important to know that electricity doesn't just happen—it must be produced from things around us. A lot of times it comes from fossil fuels (such as coal, oil, or natural gas) that contribute to [climate change](#). But electricity can also be made from renewable sources like wind, water, the sun, and even elephant dung! No matter where it's coming from, try conserving electrical energy by using only what you need.

Habits such as turning off lights during the day can create a big impact. Electronics use energy even when they're turned off, so unplugging them can reduce your footprint and save some money on your energy bill.

Although much of the talk about light bulbs concerns their energy usage, lights have a bigger impact on our ecosystems than most of us probably realize. That is, artificial lights impact things such as the circadian rhythm, temperature, bird migration, and the ability to see stars.

Saving energy also saves lives and even more money for consumers by alleviating the costs of adverse health effects attributed to air pollution.

To learn more about light conservation, go to, [Energy.gov](#)

To learn about how lighting can affect our eating habits, go to [Lights and Food Choices](#).

If possible, enjoy the warm sun today and remember to turn off some lights! 🌞

