

# Celebrate Earth Day at Home

April 22, 2020 will mark the 50th anniversary of Earth Day! Help celebrate Earth Day at home. One small change can collectively make a big difference!



## Food Waste

Did you know that food waste is estimated at [30 – 40% of the U.S. food supply](#)? In a landfill, uneaten food releases methane, a potent climate change contributor.

- Visits to the grocery store may be limited at this time, so here are tips from King County on [buying, storing and using food wisely](#).
- Check out [EarthDay.Org's FoodPrints campaign](#) to discover your footprint and have your family take this [footprint quiz](#).
- Collect inedible food scraps and throwing them in with yard waste to be composted. The [City of Redmond](#) allows food scraps and food-soiled paper like napkins and pizza boxes to be added to yard waste bins. Be sure to keep out any rubber bands, plastic, tissues, animal waste or anything that can't/shouldn't be converted into compost.

## Green Cleaning

It is important to use disinfectants to fight viruses; however, it's also very important to make sure you are using them effectively and safely. Keep in mind that many disinfectants contain toxic chemicals and are technically pesticides. Washing hands and cleaning frequently used surfaces with soap and water are still the best way to keep viruses from entering the body.

- Choose fragrance-free disinfectants and allow them to dry completely. Fragrances including those found in cleaners, deodorizers, laundry detergents, fabric softener, etc., cause [poor indoor air quality](#) and may contribute to asthma attacks or hormone disruption.
- The Washington State Department of Health has helpful information on [cleaning in the classroom](#), which may be applied to your home classroom!
- Find safer products through [EPA's Safer Choice Program](#).
- Environmental Working Group offers a database of safer cleaning products through its [Guide for Healthy Cleaning](#)