Laudato Si in Action

Taking Care of the Planet during the Pandemic

The website [earthday.org](http://v) recently published an article on actions you can take for the planet even while practicing good social distancing to prevent the spread of COVID-19. Here is a slightly-edited version of the list. I hope this list inspires you with at least one great idea:

1. **Go plant-based.** More than likely you have extra time on your hands since you were sent home from work and asked to minimize your time outside your home. Why not take this time to explore a significant change to your diet for the benefit of the planet and your health? You might find this site helpful: [https://plentyvegan.com/how-to-go-vegan-starter-guide](https://plentyvegan.com/how-to-go-vegan-starter-guide/)
2. **Reading over streaming.** How about reading more and watching less? Reading uses less electricity and will likely leave you smarter. Don’t have any books on your bookshelves? The library building might be closed, but most libraries, including Seattle’s at [spl.org](https://www.spl.org/), have extensive online offerings, which are just a few clicks away.
3. **When life gives you lemons… make disinfectants.** Grab your lemon, vinegar, and baking soda and get cleaning. Need some recipes, check these sites out:
	* <https://thegreenparent.co.uk/articles/read/make-your-own-cleaning-products>
	* <https://keeperofthehome.org/homemade-all-natural-cleaning-recipes/>
4. **Switch to green power.** You don’t need to install solar panels or a windmill to benefit from green power. If you live in Seattle, check out SCL’s Green Up program here: <https://energysolutions.seattle.gov/renewable-energy/green-up/>
5. **Take stock.** Now’s a good time to check what’s in the back of your closet or the bottom of your dresser drawers. Perhaps, that forgotten piece of clothing is ready to see the light of day again. Or maybe not. In that case, toss it in your St Vincent de Paul or Goodwill box.
6. **And make stock.** Time to start a bag of vegetable scraps in your freezer. Then next time you need some stock, just dump the contents into a pot, add water, and an hour later you’ll have some tasty stock and have saved yourself some money too.
7. **Do an eco-friendly activity.** See the original article (below) for lots of activity ideas, perfect for all ages.
8. **Keep your body moving!** The gym might be closed, but since you’re not spending all those hours commuting, you now have time to go for that long walk or run. Just be sure to maintain your distance!

Check out the original post here: <https://www.earthday.org/11-actions-for-the-planet-during-a-pandemic/> and prior Laudato Si in Action articles: <https://saintfrancisseattle.wordpress.com/laudato-si-in-action/>.

Working together, we can help take care of our common home.

Paul Litwin