Creation Care tips from Teri Inch 3/23/26

One quarter-pound beef burger requires enough water to fill 10 bathtubs. Simply swapping one a month for a veggie burger would add up to 5,400 gallons of water saved per year. Producing turkey burgers is also less costly to our water supply. Going meatless helps even more. **What you eat matters to the planet.**

Update your laundry practices. More earth-friendly options are available, including laundry soap sheets, powders in tablet form, liquids in non-plastic pods, refills, wool dryer balls, clothes pins for hanging up laundry to dry. Avoid plastic bottles, save emissions from transport and from dryers, save water. Check out blueland.com and ecoroots.com.

Remember energy was used to produce all of the goods we consume, including food. Including transporting to us. **Simply, reduce consumption in general**, don't waste anything, and eat lower on the food chain, and you will save energy. Wait before you buy. Sorting out wants from needs takes time. Give yourself a deadline of 48 hours, a week or two, perhaps a month to reflect then decide to buy or not. If possible fix instead of replace. Avoid mindless consumerism.

If you love dairy, simply **try products made from goat's milk,** which has been shown to have smaller ecological and carbon footprints.

Skip the aluminum foil, plastic wrap, and baggies, and **put food into reusable containers**—preferably glass. Simply reuse what you have. When you cannot avoid packaging, choose metal or glass over plastic—and anything recyclable or compostable over items destined for the trash bin. Take your own cup to the coffee shop to be filled. Try washing plastic baggies, that didn't contain meat, to be reused. Try washing all those plastic containers that held yogurt, cottage cheese, sour cream... Reuse them for berry picking bucket, storing paint in, or for sorting things.