



April 2022

## Earth Day

What does it mean to “go green”? It simply means being mindful about the choices we make and their impact on the environment. We all get to share this beautiful planet of ours—and together, we can make a big difference for the future!

Here’s a list of ideas you can implement this month to reduce waste and improve your impact!

- Chargers continue to use electricity, even when they’re not plugged into a device. When you’re done charging, unplug!
- See how often you can turn off the faucet when you’re using the sink between dishes, while teeth brushing, or even as you wash your hands. Little breaks add up!
- Make the switch from paper products like plates, cups, napkins, and paper towels to reusable options. Cleaning creates some work, but it also saves trees!



Source: <https://kidshealth.org/en/kids/go-green.html>

## Plan to Plant

Did you know the United States is broken up into 13 growing zones? When you know your zone, you’re better able to plan which plants will grow best where you live. You may have also noticed that seed packs often come with a bunch of information on the back. These coordinate with your zone and give instructions for timelines, planting depth, spacing, and when you can expect plants to produce. This spring, get the family together and make a plan! Let everyone select a few plants, find your zone, and layout your schedule. You’ll be seeing the fruits (or vegetables) of your labor in no time!

Click here to find your zone: <https://planthardiness.ars.usda.gov>



## Time to Party!

April 3 is World Party Day! You never need a reason to celebrate, but if you want one, check out the National Day Calendar. April has 249 holidays and each one could be its own party day!

Here are some of our favorites and some history to go with:



**April 1: Walk to Work Day**

<https://nationaltoday.com/walk-to-work-day/>

**April 7: World Health Day**

<https://nationaltoday.com/world-health-day/>

**April 14: National Gardening Day**

<https://nationaltoday.com/national-gardening-day/>

**April 21: National High Five Day**

<https://nationaltoday.com/national-high-five-day/>

**April 28: Take Our Kids to Work Day**

<https://nationaltoday.com/take-kids-work-day/>

We’re rethinking school meals!

Join us as we celebrate the good work in schools across the country.

[rethinkschoolmeals.com](https://rethinkschoolmeals.com)

