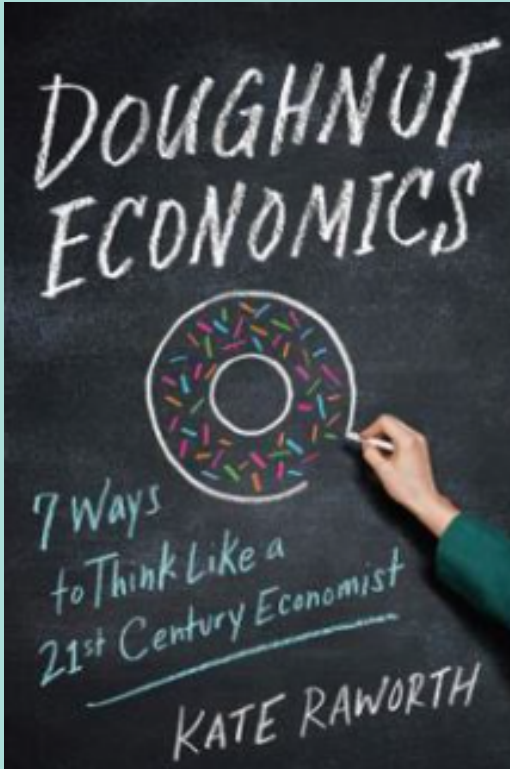




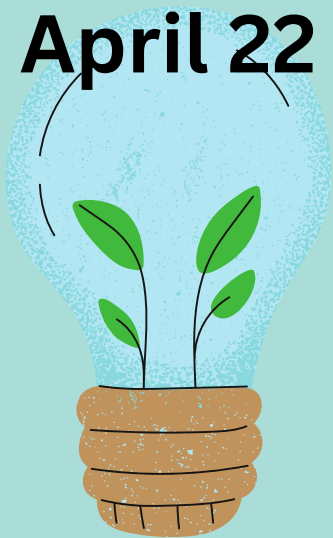
Spring Newsletter

2024



APRIL 7th at 7 pm mdt
Come to our book discussion
on Zoom; click on the book
cover to the left to register

Earth Day April 22

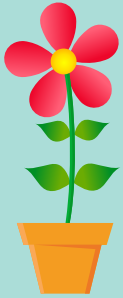


Try this: Promote Zonta Says NOW to Gender-Equal Climate Action this week - **April 22 - 26**

Ideas: Post climate information on social media, schedule guest speakers on climate action, and create local projects, programs, and advocacy campaigns in your region

Gender-equal Climate Action

Project Ideas:



Volunteer at a community garden, local farm, or farmer's market



Visit a recycling center to learn what recyclables are accepted in your community.

Organize a future visit to state legislators to talk about climate action in your state such as water quality, air pollution, and recycling.

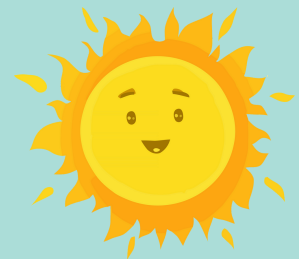


Invite your local Mayor or other leadership to your club meeting to discuss climate action

Beat the Heat this Summer

Prevent Heat-Related illnesses this summer with these tips:

- Stay hydrated
- Dress in lightweight, comfortable clothing
- Wear a hat
- Seek shade and take breaks on hot days
- Avoid overexertion
- Keep your house cool by lowering shades or closing curtains during the day. This will use less energy on air conditioning
- Seek medical help - some medications increase the risk of heat-related illness. Heat can be a serious health threat.



April 1 - 7

EPA's Food Waste Prevention Week

When food is placed in our trashcans and sent to the landfill it degrades causing excess heat in the form of methane to enter our atmosphere - a form of global warming. Americans waste 80 million tons of food (equals \$444 billion) annually. It adds 2.7 million metric tons of methane into the air we breathe. (Methane has 80 times more warming power than carbon dioxide).

TIPS - Prevent Food Waste - Help the Planet

- 
- When shopping buy smaller quantities of food
 - Ask for smaller cuts of meat and fish
 - Buy only what you need
 - Use a shopping list
 - Don't forget your cloth bags :-)
 - Properly store food for lasting freshness
 - Order half portions, share a meal, or bring home leftovers
 - Learn where to bring excess untouched and unopened foods from large gatherings to benefit others in your area
 - Compost excess food scraps or participate in community compost programs and services
 - Donate excess garden vegetables and fruit to your local food bank, homeless shelter, church, etc.

What's your foodprint?: <https://foodprint.org/quiz/>