



THE GREEN CHICHI #1

10 SIMPLE STEPS TO CREATING A LEGACY OF FUTURE WELLBEING...

FOR THE PLANET AND ITS CHILDREN



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Thankfully, our Earth is not a stranded ship in the middle of an ocean with us in it. Nor are we on Mars.

In both of those cases, running out of reserves wouldn't have been a comfortable feeling. But, still, to tell you the truth, we are in a tight spot.

Pretty much like being stuck in a stranded ship or in Mars.

Somehow, we've the confidence about our home planet's bounty to keep providing all that we need. Till eternity.

We're borrowing from the future—from our children's well-deserved right to live a safe and healthy life.

Our kids are standing on a more fragile ground since we've dug out the earth like a holey cheese.

The thought of change is uncomfortable. How 'bout a few teeny-tiny changes that are quite simple to add to your routine?



This 2020 has suddenly paused that plunder button.

What can we do now?

Here's a cool list to start with.

We won't go back in time to copying the Neanderthal man in a cave, fighting mosquitoes and bears.

We'll only go from room to room and make tiny creative shifts in our lifestyles. To leave a positive impact on all children.





It takes a village to grow a child. It takes the whole world -- EACH AND EVERY ONE OF US -- to give them a healthy, wealthy home planet.

If you are still with me up to this point, I'm sure you already turn off fans and lights when nobody's in the room.

And you fix leaks when you spot them. The Earth cannot thank you enough.

The Whole House:

1. Call your electricity provider and ask for your electricity to come from **solar and wind sources**. It's not too expensive, really. That way no coal is burning and adding air pollutants only to keep your ice cream cool and your coffee piping hot. No need to own panels or turbines. The grid is at your service.





Bedroom and Bathrooms:



2. Did you know the aerosol sprays with flower-ish scents are chemical bombs capable of triggering disease and stress?

Same goes for perfumes and any scented stuff.

Try **essential oils** instead. Good quality oils actually heal you over time.

3. Don't have a smart flushing system in your toilet? No problem. You can still **create a low-flow toilet**. Simply lower a half-gallon jug filled with water in your toilet flush tank. It occupies enough space to save you water each time. Woohoo!



Bonus Tip: If you wanted to check if your toilet tank leaks water into the bowl, release a few drops of food coloring in the tank and wait for a few minutes without flushing.

If you see the bowl water changing color over time, it's a leak, for sure. **FIX IT**, right away!





Clothing Closet:

4. **Mix and match fashion creativity** can be a tad bit funky... with clothes, shoes, and accessories you already have.

Put jewelry, scarves, skirts, and shoes together in mismatched combination—sky's the limit for how many unique ensembles you can create. No need to buy more clothes. Fast fashion is filling up landfills at a horrendous speed, filling the world with microplastics as they break down.

Kitchen:

5. **Planning your meals and groceries in advance** cuts down on food waste (and your precious dollars). And take on your plate only what you can eat up, for sure, without wasting a crumb... all the way to a finger-licking satisfaction. That way, you can divert the saved money into more organic eating for your family's health. It helps support the farmers who decided to do the right thing.



I agree, organic is a little more expensive, but isn't chemo way more? What about the price tag for the emotional suffering?





6. **Start a compost** pile in a hole in the garden. Add your daily veggie peels and scraps, cover up with dry leaves and twigs. Put a flattened cardboard box on top if you're scared of bugs.

Stir the pile every few days for a few minutes. It'll be an earthworms and fungi party without rodents and roaches. A hole-punched trash can works too!



If you live in an apartment, check with the authorities to see if there are any composting services around.

Or have your own earthworm box (vermi-compost) to eat your scraps. The other option is to just freeze your peels and scraps in a tub for a friend who composts.



7. Try out the yummy meat alternatives in the market these days, made from pea, lentil, or soy protein.

Cuts down on your mental stress, as well, besides the several thousand gallons of fresh water per patty and all that animal farm methane gas contribution (animal poop, fart, and burp).





Home Office or Businesses:

8. The printer is a big tree gobbler. **Use both sides of paper and buy paper made from 100% post-consumer** (another way of saying “used”) paper.

More expensive, no doubt. But, so is chemo. Look at it as an investment. Then brag about it to get attention and praise. The trees will love you for that.



If you're a business, explore **green printing with recycled paper and vegetable inks**. They're so good, you wouldn't know the difference. Drum roll about your sustainable decision to get more traction. I mean attraction.



Restaurants:

9. When you go for a sit-down meal at a restaurant, **take your own reusable boxes** from home for your doggy packs. It saves the waiters some work and the owners some money. They love you as a customer. No more single-use foam, paper, and plastic for the landfills.





Garage:

10. Share and borrow the tools you need for your once-in-a-blue-moon repairs and maintenance instead of buying.

That's exactly what our forefathers did.

Saves space, saves money, and saves you from the hallucination that you're on Mars.

Have fun interacting with neighbors and friends.



A Bonus Hack:

Try to reuse EVERYTHING (except toilet paper!). Google for reuse ideas.

The opportunities for reuse are endless. Imagine the entire supply chain working for just a few seconds' use of a product is such a waste of its production time.

Knowing the backstory of products will make you think. You'll become a cool, conscious buyer, supporting great products made of materials headed to the landfills.





There are companies working on making a difference.

By leaving the virgin resources where they belong and still creating cool stuff for all of us.

Kudos to their creativity.

Supporting them will only make the world a better place.

For all of us.

And our children, for sure.

There isn't much time left, to tell you the truth.

The world needs EVERY ONE OF US to save it now.

The pandemic is the most intense reminder of our need to change.

The world is counting on us.





Did you resonate with my first set of Green Chichis?

Let me know at balaka@thegreenwriter.com

For more tips and product shout outs, peep into my special page, <https://thegreenwriter.com/gift/>.

I'll be adding more tips, shortly, for all kinds of needs. My blogs have tips tucked in @

See you there! Be well in this historical health crisis and play your part in making it better.

I'd love to continue our interactions on social media. Below are my invitations to connect!

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