

JUNE 2019 | ISSUE 6

# Live Green. Love Green

A Monthly Newsletter by East Coast Eco Solutions



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## Happy June!

The time to make a difference is NOW

The days are getting longer and the sun is shining brighter making it the perfect conditions to get outside and enjoy the world around us more. This month let's break out of our normal routines, pause the hustle & bustle of our daily grind and use all of our senses to really experience our present environments. It's easy to want to protect something that we are connected to so help the people around you get in touch with nature, too!

# Eco Friendly Vacation Activities

## How to travel a little greener

When traveling and trying to reduce your carbon footprint while away from home, there are activities you'll want to avoid and activities that are a must-do. Mostly you need to get out and just enjoy nature. Here are some eco-friendly activities you might want to give a try while on your next green vacation.

### Eco-Friendly Activities at the Beach

If you're headed to the beach for your vacation, then there are some things you will want to keep in mind to make sure you don't destroy the earth and the environment while you're away from home and soaking up the rays.

- \* Get eco-friendly sand toys for digging in the sand.
- \* When using the outside showers, avoid any kind of soap. The drain likely goes right back into the ocean. Use them to just rinse the sand off your feet and body.
- \* Follow the rules. Signs like "Keep off the dunes" are important to follow. These are habitats for many different species, so be respectful. "Don't feed the ducks" is another important sign to follow.

### Eco-Friendly Activities while Camping

Are you going camping? If so, here are some things you'll want to keep in mind. Yes, even while camping you have to take special steps to ensure you're being as eco-friendly as possible.

- \* Ditch the gadgets. It goes without saying that you probably don't want your laptop and/or cell phone on your camping trip, but really the fewer things you need to run off your car battery, the better. So if you have to blow up an air mattress, use a foot pump.
- \* When you go hiking, stay on the path. If there are markers, follow these. Not only is this important for safety, but it also prevents things like soil erosion from happening.

# Eco Friendly Vacation Activities

## How to travel a little greener

### Eco-Friendly Activities

When vacationing, no matter where you go, you should be able to find activities which make every effort possible to reduce the carbon footprint. Find the eco-friendly shops and museums which are located in the city you're staying in. Check out local parks and wildlife conservatories. Look for sporting venues that might have taken extra efforts to reduce their carbon footprint.

Take a hike or find a walking tour you can take of the city you are visiting. Bike tours are a great way to learn your way around the area, while getting exercise and learning the history as well. Visiting local farmer's markets and birdwatching are all perfect things you can do that have minimal to no impact on the environment. See a concert in the park while on vacation.

When you take your trip, no matter where you go or what you do, always make the place cleaner than when you got there. If you see trash on your hike, pick it up and take it with you. Pack food in reusable containers. If that's not an option, then make sure you carry out any trash you brought in.

Going on vacation doesn't mean the environment has to suffer. If you can stay closer to home for your getaway that's great, but if not, then doing your due diligence prior to your trip to see what kind of eco-friendly activities are offered in and around the area you're staying in will help you maintain your green lifestyle even while vacationing.





# Free Resource

## Guide: 14 Ways Your Wardrobe Can Help Keep You Healthy

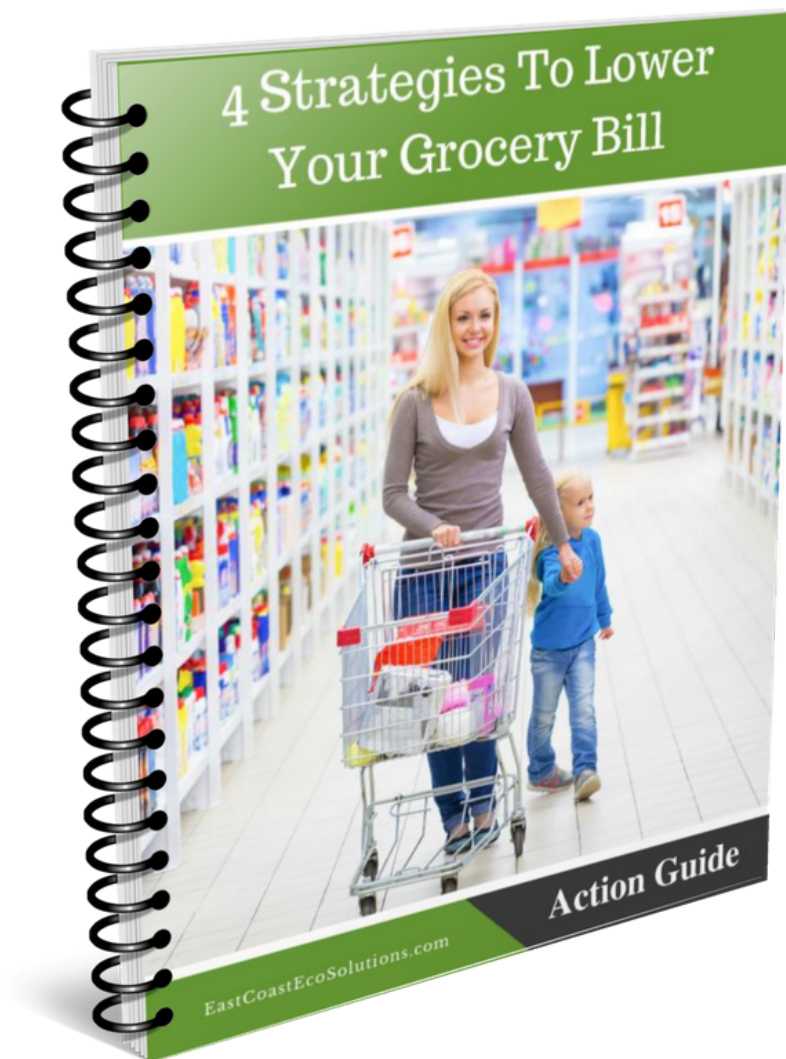


Your wardrobe is one of many lifestyle choices that can help you stay healthy. Choose wisely when it comes to clothing, shoes and bags with the tips in this guide and you can be doing a world of good for your health, your wallet and the planet.

Get the guide [HERE](#).

# Member Resource

## Action Guide: 4 Strategies to Lower Your Grocery Bill

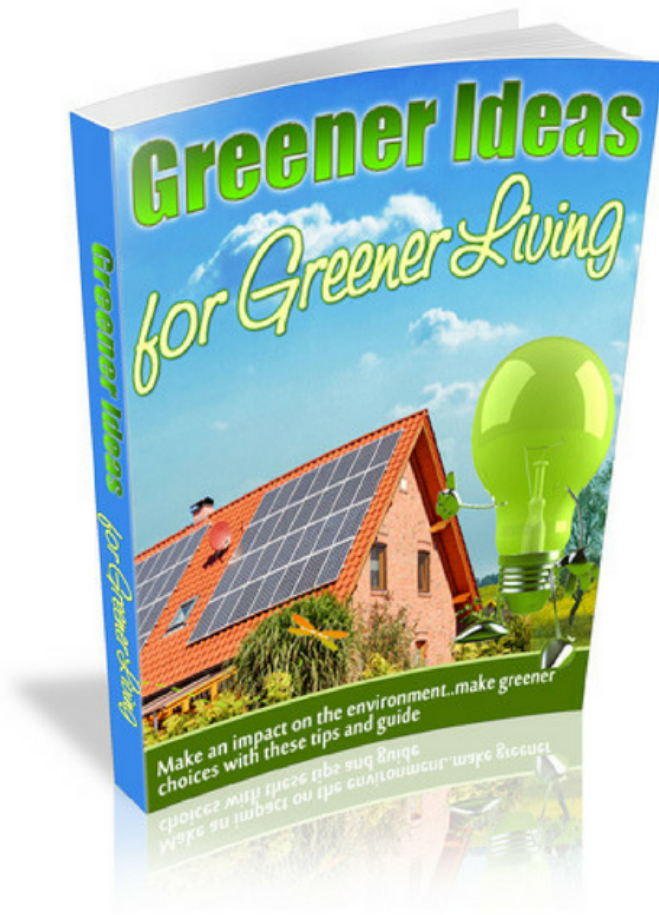


It's expensive to feed yourself and your family! The cost of food is a large portion of most household budgets, and the price continues to climb. Use the strategies in this action guide to help you significantly cur your grocery bill.

Get the action guide [HERE](#).

# Special Offer

**50% off 'Greener Ideas For Greener Living' Ebook**



**Coupon Code: GIGL50**

This 21 page eBook will help you understand all there is to know about organic growing and gardening.

Some topics that are addressed include: layouts for productive gardening, benefits of organic gardening, square foot gardening, companion planting, vegan gardening, pollination and gardening, integrated pest management, organic pest control recipes, seed swapping, and more!

Get the ebook [HERE](#).

# Upcoming Blogs



June 4th: 5 Ways To Repurpose Clothes

June 10th: Eco-Friendly Carpet Cleaning

June 13th: Wind Power

June 15th: Nature Photography

June 17th: Greening Your Wardrobe

June 21st: The Power of Yoga

June 24th: Eco-Friendly Beverage Bottles

June 27th: The Truth About Phthalates and Your Health



## Celebrations & Awareness

June 3rd: National Cancer Survivors Day

June 5th: World Environment Day

June 8th: World Oceans Day

June 13th: Global Wind Day

June 15th: Nature Photography Day

June 17th: National Garbage Man Day

June 21st: International Day of Yoga

June 26th: National Canoe Day



# Additional Resources

available at [EastCoastEcoSolutions.com](http://EastCoastEcoSolutions.com)

Annual Green Living Planner

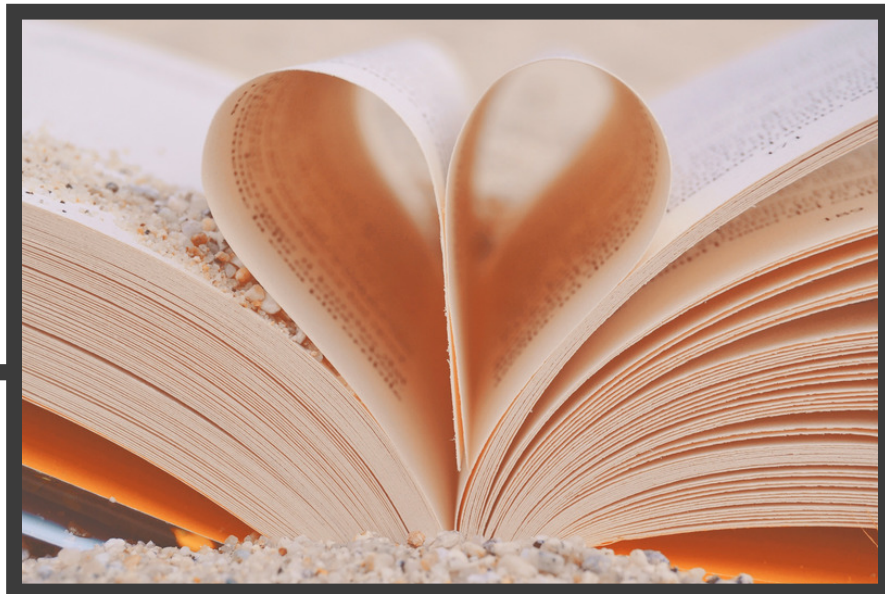
52 Weeks of Eco Solutions Newsletter

Action Guides & Worksheets

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Environmental Facts & Stats

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# Let's Connect



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