



Going Green – In Honor of Earth Day

A 10-Day Self-Directed Activity Incentive Program
April 18 to May 8, 2022

Earth Day is April 22. Be an environmentalist and help celebrate Earth Day!
Small changes to your food habits and lifestyle can help save our environment.

Take steps to help reduce greenhouse gases, limit the use of precious environmental resources, and more! Just taking these small steps will help:

- Reduce food waste
- Eat more beans
- Eat local
- Use your own water bottle
- Compost your food waste
- Collect rain water to use for your lawn and garden
- Stop using your car so much

Learn more about each of these on the attached materials. As usual, prizes are awarded for program completion. Enjoy and celebrate Earth Day on April 22.

No registration is necessary. Return log forms to Mary Harrington at mharrington@mma.org by May, 16, 2022. Only MIIA/BCBS members eligible for prizes.

Going Green



With Earth Day approaching April 22, it's the perfect time to think about what we can do to help preserve the environment. If each person made small changes to their diet, food habits, and lifestyle we could make a lasting impact on helping the environment.

Program Activities

You are required to do at least 1 of the below per day for at least 10 out of the 21 days. Abbreviations are included in green. Use these abbreviations on your log form. And your activities must vary – choose at least 6 of the 12 activities.

Getting and using a water bottle every day – **Water**
Getting a compost bin – **Compost**
Getting a rain water barrel – **Barrel**
Using soft fruit/veggies in a smoothie – **Smoothie**
Donating to a food pantry – **Food Pantry**
Walking/biking for errands – **Errands**
Carpooling or taking public transportation – **No Car**

Joining a CSA – **CSA**
Shopping at a Farmer's Market-Farmers – **Market**
Eating at restaurant that uses local food (and ordering that food!) – **Restaurant local**
Planting seeds for a garden – **Seeds**
Replacing at least one beef night with a plant-based meal – **1 less beef night**

Food Waste

Wasted food creates billions of tons of greenhouse gases (major culprits in climate change) and needlessly consumes precious land and water resources. Unfortunately, the U.S. is currently one of the largest culprits in creating food waste. Some sources estimate Americans trash as much as 40 percent of our food every year, and food waste is one of the largest components of solid waste in U.S. landfills. And we're not just wasting food: All those groceries in the trash add up to almost \$165 billion lost annually, not to mention the environmental resources that are wasted on growing food that's thrown away.

We as individuals can implement small changes that make a big difference in the amount of food we throw away each year. Just pick and choose from the list of tips for reducing food waste.

Waste Not Your Action Plan

At the Store

- 1. Shop smart.** Plan meals, use grocery lists, and avoid impulse buys that will likely end in the trash. Buy items only when you have a plan for using them. Also, look at the packaging the food is coming in – can you find the same food with less or no packaging?
- 2. Buy exactly what you need.** For example, if a recipe calls for two carrots, don't buy a whole bag. Instead, buy loose produce so you can purchase the exact number you will use. Likewise, try buying grains, nuts, and spices from bulk bins so you can measure out exactly what you need and don't over-buy.
- 3. Be realistic.** If you live alone, you won't need the same number of apples as a family of four (unless you really like apples). If you rarely cook, don't stock up on goods that have to be cooked in order to be consumed (such as baking supplies or dried grains and beans).

Going Green

Carbon Footprint

Yes, we all love to eat blueberries in January, but how far did they have to travel to get here? Most likely, those blueberries came all the way from Chile – leaving a very large carbon footprint on the way. Try to eat as local as you can throughout the year. You will not only be supporting local farms (which means more green fields and fewer buildings using energy) and you will be reducing your carbon footprint.

True, in New England during the winter it can be hard to consume fruits and veggies and eat local. But realize that there are still winter farmer's markets and many farms store their fall produce like apples, potatoes, squash, to last all winter.

Lastly, consider joining a CSA (community supported agriculture). By making a financial commitment to a farm, people become "members" of the CSA. Most CSA farmers prefer that members pay for the season up-front, but some farmers will accept weekly or monthly payments. Some CSA farms also require that members work a small number of hours on the farm during the growing season. In return, customers are rewarded with weekly delivery or pick-up of vegetables. Meat CSAs are available as well and can ensure that when you choose to eat meat, it is pasture raised and local, avoiding many of the carbon footprint issues associated with industrial meat.

To find a list of seasonal produce, [click here](#).

To find Farmer's Markets or a CSA, [click here](#).



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H2O

Get your own re-usable water bottle and use it! We all know we should be using our own water bottle instead of grabbing plastic bottles of water or cans of seltzer. All of those bottles and cans have to be disposed of and even if you recycle it is still creating waste to be reused.

Get a fun water bottle made of glass or stainless steel. If you like the color/design, you will be more likely to use it. Make it a habit in the morning to fill it up with water before you leave the house. Investing in a thermos-style water bottle may be the best bet because it will keep your water cool even if you leave it in the car during the day.

Compost and Rain Water

We are already trying to reduce food waste, but sometimes the food is too rotten or spoiled to eat. Which makes it perfect for compost! (Don't compost meat or cheese) Many towns give away free compost bins at the town hall to encourage people to compost. Other towns may pick up the compost for you and bring it to the local compost pile. Compost can be used in gardens, flower beds, near tree roots – anywhere you want to give your plants a boost.

Rain barrels collect the rain water to be used for watering your lawn or garden instead of using tap water. Not only do the plants prefer rain water, it saves water from being used and it saves you money! Some towns will also give away rain barrels to residents.

Stop Using Your Car

Whenever possible opt for a greener mode of transportation. The average passenger car emits 0.79 pounds of CO₂ per mile driven. Walk or bike to the library, grocery store, post office, etc. Or, take public transportation to work or out to dinner.

MIIA 
Well Aware
Work Well. Live Well.

Open to all employees, only MIIA/BCBS members are eligible for prizes.

Going Green Log and Prize Form

Please complete the following log form in full. Return it to Mary Harrington at mharrington@mma.org or mail to Mary Harrington, MIIA, 3 Center Plaza, Suite 610, Boston, MA 02108 by May 16, 2022. Do at least one of the following at least 10 out of 21 days. And your activities must vary – choose at least 6 of the 12 activities. All log forms must be unique in the case where a spouse or dependent is also participating.

Day	Water bottle	Compost	Rain barrel	Smoothie	Food pantry	Errands	No car	CSA	Farmers Market	Restaurant local	Plant seeds	1 less beef night
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Name _____ Employer _____

MIIA/BCBS subscriber: Yes No

Email _____ Phone _____

Mailing address _____

Prize choice. Choose 1st and 2nd choices. If you don't specify, we will choose your prize. [Click](#) to view below prizes. Can also view at emiia.org. Click on Well Aware, then click on Incentives. Only MIIA/BCBS members eligible for prizes.

- | | | |
|---|--|---|
| <input type="checkbox"/> Nature Sound Spa | <input type="checkbox"/> First aid kit | <input type="checkbox"/> Salad and Pasta Pals |
| <input type="checkbox"/> Pet Lovers travel kit | <input type="checkbox"/> Zuma cooler backpack | <input type="checkbox"/> Sinus Soother |
| <input type="checkbox"/> Outdoor headlamp | <input type="checkbox"/> Fleece Blanket | <input type="checkbox"/> Under Armour® 24 oz. Dominate Water Bottle |
| <input type="checkbox"/> Slope Messenger Bag | <input type="checkbox"/> Oven mitt | <input type="checkbox"/> Reflector Vest |
| <input type="checkbox"/> Wind chimes | <input type="checkbox"/> Hand warmers (package of 10) | |
| <input type="checkbox"/> VODAPOD 32-ounce Water Bottle with Time Marker | <input type="checkbox"/> Bamboo cutting board | |
| <input type="checkbox"/> Insulated cotton cooler lunch tote | <input type="checkbox"/> Collapsible strainer | |
| <input type="checkbox"/> Shake it work out bottle | <input type="checkbox"/> Coleman Food Container | |
| | <input type="checkbox"/> Self-massage balls (set of 2) | |



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