

During the pandemic, what environmentally friendly practice or perspective did you adopt that will help us bounce back better?

Barely drove anywhere-- no gas used. No hairdresser- no pollutants from there or electricity.

Fran Shore

As a wellness, eco friendly advocate for over 20 years, it does my heart good to see added awareness. I have increased our zoom wellness workshops significantly, educating people about safer eco friendly options. And I use only botanical based disinfectant to protect not only my family but also so as not to put pesticide-based cleansers like bleach and lysol down the drain into our streams.

Sue Pritchard

During the pandemic, I saw a lot of how the humans negatively impact the earth (and how our absence made it healthier), so I decided I wanted to be the change. Our family purchased several products from Earth Hero in an effort to divest from plastic packaging. We use toothpaste in a glass jar, reusable dental floss in a glass jar, reusable razors (the handles are made from recycled yogurt cups), powder laundry detergent in a paper bag, bars of soap for hair and dishes. We've been reusing metal straws, reusable grocery bags, and rubber sandwich baggies for a while, but our commitment is to purchase everything we can without plastic waste. We also use cloth masks when in public. We want to see less plastic production and use of single-use plastics.

Melissa Lavery

With lots more stay-at-home time during the pandemic, I've taken on what I like to call "The Pantry Challenge." During "normal" times I often don't pay much attention to our pantry inventory. However, knowing that reducing food waste can have a very positive impact on the environment, I decided to find those items languishing on shelves and match them to recipes that will put them to use. And since I enjoy cooking and I like to browse on Pinterest, it's become a fun habit with delicious and environmentally friendly consequences!

Marilyn Berberich

Driving less and eating out less!

The Fontes Family

I have a "Short Distance" commute to work. It was delightful to not get into the car and burn the fossil fuel. In addition, I began each work day walking the dog by Ridley Lake. It is a great way to appreciate nature and get appropriately centered for the day.

John Grantland

The pictures that stood out to me the most during the pandemic, were the ones where wild animals all over the world were sitting, sunbathing, and relaxing on deserted man-made roads and highways. As an Environmental Engineer, I expected the air quality and roadside pollution to improve during this time but, for some reason, I didn't think about the wild animals reclaiming their territories. It was a reminder that we ALL share God's creation no matter what species we are. Even if we can't see them on a daily basis, we all need to keep that in mind and to care for one another, no matter how small.

Kristen Chorney

About a month into the closures of most things due to the pandemic, I watched a video filmed by a drone flying through the almost completely empty streets of Philadelphia. It was such a counter to the noise and motion in which the city normally exists. The calm and quiet that even our busiest places in this world experienced because of these closures made me appreciate, in a new way, the need for all of creation to rest, to be re-created, to fully experience sabbath. My hope is that we remember and embody that as we move back into a more "normal" experience of our lives and recall the need for rest for ourselves and the earth.

Pastor Alina Gayeuski

Our concern for meat workers during this pandemic made me consider our family's eating habits. As it turns out, eating less meat is good for the environment. It is perhaps one of the most effective things I can do on a personal level to address climate change. We haven't gone completely vegetarian yet but we are on our way. I never knew there were such tasty vegetarian recipes out there! With better meal planning, too, we are throwing out way less food. These are the two environmentally friendly practices in which we are engaged at the moment.

Karen Matthias-Long