

**REVIEWED**

Earth Day

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Ways to go green for Earth Day 2023 and beyond

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Reviewed

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Earth Day is almost here! While climate change and environmental protection is a complex issue, there are little things that we can do to cut back on our waste, emission and water use. With global warming becoming a more pressing issue by the year, it's more important than ever to take care of our planet. We only have one, after all, so it's in our best interest to take care of it the best we can., so it's in our best interest to take care of it the best we can.

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What is Earth Day?

Earth Day is an event observed to raise awareness for environmental issues that impact the planet we call home. Earth Day was founded in April of 1970 by Senator Gaylord Nelson to bring environmental issues to the national forefront. His efforts would lead to the creation of the Environmental Protection Agency (EPA) in December of that year.

When is Earth Day?

Earth Day is observed annually on **April 22**. This year, it falls on a Saturday. Over 1 billion people across the globe participate in Earth Day activities.

Ways to go green for Earth Day

Use a dishwasher

While many believe that washing by hand is the most water-efficient way to clean dishes, studies and our own tests both show that dishwashers are much more efficient. So, if you're looking for another way to cut down on your water usage, check out our favorite dishwasher, the Bosch SHPM88Z75N. In addition to being water-efficient, it dries plastics, has excellent stain removal and is quiet. If you're looking to go green and save green, we recommend our value pick, the Beko DUT25401X. It has excellent performance and value for its price.

\$1500 from Best Buy

\$549 from Appliance Collection

Upgrade your washing machine

Using an energy-efficient washing machine is another way to cut down on your water and electricity use, too. The best washing machine we've tested is the Electrolux ELFW7637AT. Its controls are easy to read, it cleans extremely well and its internal heater helps sanitize and whiten clothes.

\$1100 from Best Buy

Carry a reusable water bottle

Did you know that of the 30% of plastic bottles recycled in the United States most are “downcycled,” meaning they won't be able to be recycled again? One of the best ways to combat this is to use a reusable water bottle instead. Our favorite reusable water bottle is the Brita BB11 Premium Filtering Water Bottle. It keeps water cold for 24 hours, filters out odors and taste and it opens with one hand.

\$30 from Amazon

Walk to your destination

According to the EPA, the average passenger car emits around 4.6 metric tons of carbon dioxide per year. A good way to cut down on your emissions is to walk where and when you can. New Balance is just one of the many great brands of walking shoes you can buy. No

matter your shoe size or foot type, there's a New Balance for you. I love my own New Balance's due to the cushioning and support they provide.

Shop New Balance

Try biking

If you need to travel farther distances, you can try biking as another way to cut down on your emissions. The highest-rated bike on Amazon is the Huffy Hardtai Mountain Bike, with nearly 4,000 five-star reviews. Reviewers love the bike for its quality build, attractive colors and smooth ride.

\$230 from Amazon

Use compostable plates

One way to cut down on your water use is to use disposable plates instead of using dishes you'll have to wash. Paper plates normally present another problem in that you're creating waste that will spend months sitting in a landfill. However, with compostable paper plates, you can be assured they'll biodegrade much quicker. You can even compost them at home for use in your yard. The Stack Man Store sells the most popular compostable paper plates on Amazon. Its 15,445 five-star reviews cite the plates' size and their durability as the reason for their praise.

\$21 from Amazon

Ditch paper towels

An individual will create an average of 1642.5 pounds of trash in a year. There are many ways to cut down this huge number. For one, instead of using disposable paper towels to deal with spills, you can use reusable towels and cloths to cut down on your waste. We've tested several dish towels and we recommend you pick up our value pick, the All-Purpose Pantry Towels from Williams Sonoma, because they're absorbent, easy to use and affordable.

\$15 from Amazon

Wear sustainable shoes

Walking in shoes made from recycled and sustainable material makes a green activity even greener. We've reviewed Allbirds and Rothy's, both brands that make are committed to sustainability. Rothy's shoes are made of recycled water bottles, while Allbirds are sourced from sustainable and ethically-extracted materials. And in our opinion, you can't go wrong with either.

Shop Rothy's

Shop Allbirds

Swim in a sustainable swimsuit

Looking to hit the beach in style while being environmentally conscious? You're in luck thanks to Summersalt, a swimsuit brand that specializes in suits made of recycled materials. At Reviewed, we gave their swimsuits a try and found them to be comfortable, true-to-size and stylish. These swimsuits make a bold statement, saying "I stand with the Earth and look good while doing it."

\$95 from Summersalt

► **Related:** When is Earth Day? Everything to know about the holiday, its history and this year's theme

Get a rain barrel for your home

One way to reduce your water use is by using a rain barrel to repurpose rainwater. You can use the rainwater for a variety of purposes including watering your land, flushing the toilet and washing clothes. The RTS Home Accents Polyethylene 50 Gallon Flat Back Eco Rain Barrel is one of the highest-rated rain barrels on Amazon. Reviewers love it because it's sturdy and affordable.

\$152 from Amazon

Use mineral sunscreen

There's increasing evidence that certain types of sunscreen can hurt marine life, with some examples being the hindrance of algae growth and coral death. To protect life under the sea

while still protecting your skin from UV radiation, consider using sunscreen made from minerals. Of the mineral sunscreens we've tested, we liked Hawaiian Tropic Mineral Skin Nourishing Milk SPF 50 Sunscreen the best. It's free of all the chemicals the National Ocean Service cites as being harmful to marine life. Beyond this, it has a pleasant smell and doesn't leave a white cast when applied.

\$14 from Amazon

Use environmentally friendly bug spray

With the weather getting warmer, you're no doubt looking for a way to keep all those pesky, bloodsucking bugs away. DEET is the most popular form of bug repellent, but according to the EPA, it may be toxic to birds, reptiles and fish. If you're looking for a way to stay safe from bug bites while being environmentally conscious, then Oil of Lemon Eucalyptus (OLE) is just what you need. This synthetic oil is EPA-approved and smells unpleasant to bugs, keeping them at bay.

\$21 from Amazon

Buy a solar panel

If you have a lot of devices you must charge, you know that it takes a lot of electricity. With the days growing longer as summer approaches, why not use one of the most renewable energy sources instead? Solar power. One of the best solar panels you can buy is the Hiluckey HI-S025 Solar Power Bank, as it's waterproof, has two USB ports and comes with a built-in flashlight.

\$47 from Amazon

Eat meat alternatives

According to the EPA, agriculture, such as raising and processing livestock, makes up 10% of greenhouse emissions. As a result, many have sworn off meat in an effort to be more environmentally conscious. Unfortunately for many of us, most meat alternatives just don't measure up to the real deal, particularly when it comes to burgers. Thankfully, Impossible Burgers do an amazing job of emulating the taste of real beef while being completely plant-based. One bite and you'll be saying "I can't believe it's not beef!"

\$13 from Walmart

Ditch plastic grocery bags

Single-use plastic bags can be particularly ruinous for the environment, as they're predicted to take a whopping 1,000 years to degrade in a landfill and they're often mistaken for food by marine life such as the leatherback sea turtle. Recognizing their negative environmental impact, eight states have outright banned single-use plastic bags. If you'd like to do your part in reducing the amount of plastic in the world, consider using a reusable grocery bag. The convenience of keeping your food insulated trumps any benefit single-use plastic bags may bring.

\$19 from Amazon

Opt for a fan

As the weather gets hotter, you may be tempted to reach for the air conditioner. Before you do, consider the fact that air conditioners use a lot of energy. If you're in a small space and the temperature is less than 90°F, consider using a fan instead. Of the fans we've tested, we found the Vornado 660 to be the best thanks to its great air speed, air volume and consistent breeze over a distance. For a less expensive option, check out our value pick, the Lasko 3300, which has great air speed and volume up close.

\$100 from Amazon

\$50 from Newegg

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