

## **Giving Back to Mother Nature to Improve Our Air**

by Ananya Jha

Giving back. This phrase embodies many different meanings, each applying to different circumstances and resulting in different actions. To some people, the expression might mean giving back to their community, while for others, it might symbolize giving back to their friends and family. In this case, the phrase is meant to focus on giving back to the environment.

### **Give Your Car a Break**

How about the gift of walking? Instead of driving a car, why not walk or ride your bike? This prevents fumes from getting into the atmosphere, thus keeping our air cleaner. In fact, not only does this help our environment, it helps you! No matter what shape you are in, everyone benefits from a little more exercise.

### **Reduce Your Packaging**

Select products with less packaging. Packaging generates harmful volatile organic compounds (VOC) when printed, consumes energy when produced and generates greenhouse gases disposed of in a landfill. By choosing a product with less packaging, you can imagine how much you're helping the environment!

With just a few simple changes, we can return to our environment what it has given to us, while improving air quality. These suggestions are just the beginning. Hopefully, they will trigger some ideas for your own gift-giving ideas!