



United Methodist **Creation Justice Tips**

“ ‘Tis a Gift to Be Simple ‘Tis a Gift to Be Free...”

These 10 simple changes will ultimately free up your life and help save Earth.

This month's Tips come from a teacher of environmental science classes for 13 years. Now retired, she continues to share tips, for the love of God.

Share these Tips with your family, friends, and congregation. Choose any or all. Forward them to someone you care about. Cut-and-paste to put them with your email signature, in your letters and emails, worship bulletins, newsletters, social media, or website. Each month 10 Tips will arrive in time for you to choose and use. The service is free. Photo: Jan Turner (Pexels)

February 2026

Heating our water consumes much energy. **Consider these simple changes** to reduce the cost to Earth (and yourself): Turn your water heater down to 120 degrees, purchase a new Energy Star water heater, install the tank in an enclosed space, or add a water heater blanket.

Remember energy was used to produce all of the goods we consume, including food. **Simply, reduce consumption in general**, don't waste anything, and eat lower on the food chain, and you will save energy.

Avoid animal products from factory farms. In addition to being unspeakably cruel, these farms are public health hazards and pollute the land, air, and water. **Choose pasture raised animals** and eggs from pasture raised chickens. The United Methodist Social Principles speak to this issue.

It takes only about 160 gallons of water to produce a loaf of bread, but it takes about 2,500 gallons of water to produce one pound of beef. Plus, conventionally raised red meat produces 150% more greenhouse gases than chicken or fish. Simply by reducing the amount of meat that we eat, we can have a much smaller

environmental impact. **Have a meatless day each week.**

If you love dairy, simply **try products made from goat's milk**, which has been shown to have smaller ecological and carbon footprints.

Ask questions and learn where your food came from and how it was produced. Simply **read the label** and avoid foods with too many ingredients, especially those you don't recognize. Ask yourself, Would your grandparents recognize this product as food?

Skip the aluminum foil, plastic wrap, and baggies, and **put food into reusable containers**—preferably glass. Simply reuse what you have. When you cannot avoid packaging, choose metal or glass over plastic—and anything recyclable or compostable over items destined for the trash bin.

Get in the habit of not throwing things away or replacing them unless necessary, and fix them when broken. Check for leaks in your toilet and repair if necessary. Leaks are usually caused by worn out flapper valves and can be easily and inexpensively replaced. Replace any worn out washers in faucets to stop drips and leaks.

Be mindful of all of your water consumption and find ways to reuse your [greywater](#) if feasible. For example, use the glass of water you didn't finish, cooled cooking

Conserving water can be simple: Take short showers of five minutes or less. **Turn the water down in the shower** so it's not full blast. Scrape plates instead of rinsing them before they go in the dishwasher. Don't leave the water running while washing, shaving, or brushing your teeth. Turn it on and use only as needed.

Yes, One Person Can Make a Difference!

As a reader of the Tips, do you have a Tip to share from your own experience? Send your idea to tips.creationjustice@gmail.com.

water, or dishwashing water for houseplants or the garden. Save water, protect watersheds, and grow a beautiful landscape. Online classes are available. Check the link.

