WHILE YOU WALK THE WATERSHED

- **Pick up trash you see on your walk.** Make sure you wear gloves and bring hand sanitizer!
- **Scoop the poop.** Make your neighbors happy and keep harmful nutrients and bacteria out of waterways by always cleaning up after your pet.
- **Avoid single-use plastics.** Bring a reusable water bottle on your walk. Also avoid plastic gloves when you pick up trash. If possible, use reusable work gloves.
- **Enjoy the critters you see along your walks and snap a quick photo to share.** Check out various Chesapeake Bay wildlife, plants, and habitats at cbf.org/about-the-bay/more-than-just-the-bay.
- **Keep a journal of your walks.** You can journal about exciting critter sightings, changing seasons, or the trash you collected that day.

AT HOME AND IN THE COMMUNITY

- **Introduce a friend to the Bay watershed.** Our actions have an impact on our surrounding environment and water quality. Share your interest in saving the Bay with friends and neighbors.
- **Arrange a Bay critter scavenger hunt with communities.**
- **Invite neighbors to join** your Walk the Watershed team.
- **Add Bay-saving messages** to the walkways and sidewalks in chalk.
- **Paint CBF Kindness Rocks** (like the one pictured here) and place them on your walking route.
Healthy Bay Activities

Presented by

Boatyard Bar & Grill
HEALTHY HABITS SPONSOR

- **Buy local foods.** Did you know that most foods you eat travel 1,300 miles before they get to your plate? Buying food that’s grown on local farms minimizes transportation-related emissions. It also keeps local farmers in business—which is good for Bay lands and, ultimately, Bay water quality. For more information on CBF’s Community Supported Agriculture program (CSA) visit cbf.org/clagett.

- **Minimize your use of household chemicals.** Instead of all-purpose cleaners, use baking soda or borax and hot water for almost any household cleaning, from toilet bowls to greasy pots and pans and laundry. Natural products reduce toxic chemicals in disposed wastewater.

- **Plant a tree.** Trees are amazing and provide many benefits to our environment. Trees hold soil in place with their roots, preventing erosion that runs into the Bay. They soak up fertilizers and other chemicals before they seep into waterways. And by shading your home in summer, they even reduce energy costs.

- **Make your lawn Bay-friendly.** Can you use native grasses or other plants that don’t require watering or fertilizing? Reduce or eliminate use of chemical herbicides and pesticides. Lawn fertilizers and chemicals are a big source of nitrogen and phosphorus pollution and toxic runoff.

- **Eliminate bare spots in your yard.** Bare spots are places where vegetation once existed.

- **Make a rain garden.** Rain gardens are special gardens placed in low-lying areas that typically receive a lot of runoff during storms. Rain gardens can help reduce flooding and erosion and filter runoff.

- **Participate in a local training.** Programs such as CBF’s Volunteers as Chesapeake Stewards (VoiCeS) teach citizens how to engage their communities in identifying and solving environmental problems. Look for a local program near you. CBF offers programs in Maryland, Pennsylvania, and Virginia. Several states also offer Watershed Stewards Academy or Master Watershed Stewards programs.

- **Understand your footprint.** Use this handy tool to identify ways you can reduce your impact on the Bay. FIND YOUR FOOTPRINT at cbf.org/bayfootprint.