

# Health & Wellbeing Give Back Campaign

## Week 2: Soil

### The Benefits of Soil

Soil is one of the Earth's most valuable natural resources. It helps produce our food, filters and purifies our water, and absorbs many toxins including carbon dioxide. Healthy soil enables plants to produce helpful chemicals such as antioxidants which protect them from pests. When we consume these plants, they help boost our immune system and hormone regulation.

### The Threats to Soil

There are multiple threats to soil including deforestation, urbanization, agricultural intensification, pollution, wildfires, and soil erosion. All of which affect the many benefits listed above. What makes it a concern is that high quality, fertile soil does not come quickly or is easily replaced. It takes 100 years to build half a centimeter of healthy soil.

### How to Improve Soil

Below are a few examples of how you can help give back and improve the Earth's soil.

- Plant Flowers
- Grow a Garden
- Start Composting
- Keep the Leaves
- Avoid Chemical Lawn Treatments
- Support Regenerative Agriculture Practices
- Add More Vegetables and Fruits to Your Grocery List

**MICRO CHALLENGE: Choose one item listed above to do today.**

**BONUS MICRO CHALLENGE: Submit a photo of your Earth Day Cup progress!**

*Zurich.com. (n.d.). Retrieved March 8, 2022, from <https://www.zurich.com/en/media/magazine/2021/how-soil-supports-life-on-earth-and-could-help-win-the-fight-against-climate-change>*