

HEALTHFUL HACKS

➔ Benefits



Positive Impacts of Going Green

- Lower food costs
- Increased happiness
- Nutritious eating
- Less waste
- Lower carbon footprint
- Lower energy bills
- Reduction in water waste
- Creates a better planet for future generations

➔ Additional Resources



- [Earth Day Website](#)
- [Grand Forks Garbage and Recycling Drop Off Sites](#)



GO GREEN

Going green means to implement lifestyle changes that benefit the earth and help you live a more eco-friendly, sustainable lifestyle

How can you GO GREEN?

- Use a reusable water bottle
- Turn off lights when not in use
- Shop locally
- Bike or walk when possible
- Buy second hand items such as clothing
- Ditch plastic bags and plastic straws
- Lower the thermostat
- Make a compost bin
- Plant a tree

Reduce, Reuse, Recycle

- **Reduce-** Reduce the amount of wasteful materials that you use. Try to find materials that will not go to waste and can be reused.
- **Reuse-** Finding new use for items that you may consider throwing away. For example, a glass food jar might be thrown away once empty, but it could be used to store spices or grains.
- **Recycle-** Making sure to buy and recycle items that can be recycled such as paper, cardboard, and metal materials. Avoid buying styrofoam as this cannot be recycled.

Resources:

<https://www.epa.gov/recycle>

<https://deq.utah.gov/communication/news/9-ways-to-go-green-this-summer>