HEALTHFUL HACKS

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

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