

SUSTAINABILITY

PLANET-POSITIVE TIPS FOR EARTH MONTH AND BEYOND

Making a few small changes to your lifestyle can make a big difference. We collectively have the potential to reduce carbon emissions long-term and create a better future for our planet. Try these planet-friendly tips to make an impact.

- 1. Choose to reuse.** Swap plastic or disposable containers for reusable versions. This will help to conserve water and energy used to produce single-use plastic and will reduce landfill waste.
- 2. Plan to prep.** Meal prepping helps save time, money and environmental resources by encouraging you to purchase only what you will use, reducing food waste.
- 3. Compost if you can.** Composting makes something renewable out of waste, rather than letting food scraps emit harmful chemicals in landfills. Compost with a pick-up service, in your own backyard, or incorporate food scraps when feeding your plants.
- 4. Buy in bulk.** For non-perishable items like nuts, seeds and grains, consider purchasing in bulk to reduce trips to the store and money spent. Bring your own reusable bag or container to fill.
- 5. Create your own cleaning products.** It can be as simple as combining some citrus peels and vinegar to make an all natural, great smelling surface cleaner that doesn't introduce potentially harmful chemicals into your home in a single-use container.
- 6. Be informed.** Look out for 'greenwashing'—when companies or organizations spends more time and money on marketing their sustainability efforts than the efforts themselves.

