

# ECO FRIENDLY TIPS

## WAYS TO REDUCE SINGLE-USE PLASTIC:

- ☐ REUSABLE BOTTLE & MUG
- ☐ NO PREPACKAGED FOOD
- ☐ SOY FOOD WRAPS
- ☐ REUSABLE UTENSILS
- ☐ METAL STRAWS
- ☐ REUSABLE BAGS

## WAYS TO DECREASE YOUR ECO FOOTPRINT:

- ☐ EAT LESS MEAT AND DAIRY
- ☐ DON'T SUPPORT FAST FASHION
- ☐ BUY IN BULK, STORE IN JARS
- ☐ COOK FROM SCRATCH MORE
- ☐ DON'T OVERSTOCK FRIDGE
- ☐ WEEKLY SCRAPS MEAL
- ☐ REPAIR, DON'T DISCARD
- ☐ SWITCH TO ONLINE BILLING
- ☐ BUY FOOD IN GLASS JARS ONLY
- ☐ BUY QUALITY > QUANTITY
- ☐ HOMEMADE BEAUTY PRODUCTS
- ☐ REUSABLE HYGIENE PRODUCTS
- ☐ BUY LOCALLY
- ☐ PUBLIC TRANSIT
- ☐ MAKE YOUR OWN
- ☐ COMPOST
- ☐ THRIFT SHOP
- ☐ MEAL PLAN
- ☐ USE WHAT YOU HAVE
- ☐ DON'T LITTER
- ☐ RECYCLE
- ☐ EBOOKS OR LIBRARY
- ☐ CLEAN WITH RAGS
- ☐ GLASS TUPPERWARE