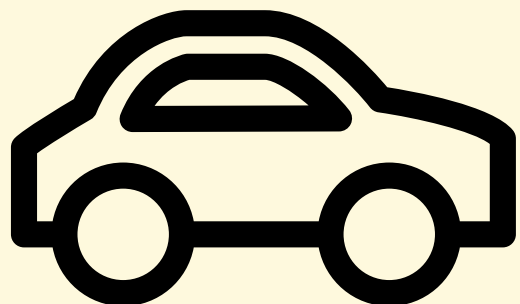


20 Choices for a healthier Planet

Choose one to do and get a prize!



TRAVEL

1. Carpool to events or work
2. Walk/ride bike instead of driving
3. Take public transit



REDUCE & REUSE

4. Get a reusable water bottle- Reduce plastic bottle consumption
5. Purchase rechargeable electronics
6. Reduce the amount of clothing you buy or get clothing that is from sustainable sources
7. Reuse grocery bags
8. Reduce the amount of foods you buy that come in plastic/paper packaging



WATER

9. Be mindful of how much water you use and where you use it
10. Get a rain barrel!
11. Don't throw trash into or along rivers
12. Take shorter showers
13. Reuse bathwater for flushing
14. Run dishwasher only when full



HABITAT/PLANTS

15. Plant native trees
16. Visit and enjoy local parks and nature
17. Convert areas of your lawn into a wildflower meadow to reduce mowing



FOOD

18. Grow your own food
19. Buy food in-season or from local sources
20. Try a 'Meatless Monday' or reduce your meat consumption