

# **Reduce Single-Use Plastics:**

- Carry a reusable water bottle, coffee cup, and shopping bag.
- Choose products with minimal plastic packaging.
- Say no to plastic straws and utensils.

### Save Energy at Home:

- Use a programmable thermostat to optimize heating and cooling.
- Seal gaps and insulate your home to prevent energy waste.
- Turn off lights, appliances, and electronics when not in use.

## **Eat Sustainably:**

- Reduce meat consumption and opt for plant-based meals.
- Buy locally sourced and organic produce when possible.
- Minimize food waste by planning meals and using leftovers.



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