



10 Ways To Save The Earth

With a concerted effort, we can make both the earth and ourselves a lot healthier.

1. Reduce single use plastic and opt for refillable water bottles and storage products.
2. Conserve water by fixing faucet leaks and avoid running excess water during tasks like brushing teeth or washing dishes.
3. Use LED light bulbs which last 10x longer and are 2/3 more efficient than incandescent bulbs.
4. Insulate your home and seal cracks around doors and windows. Adjust the thermostat when not at home to save energy (and energy costs).
5. When possible, carpool or walk to work and consolidate errands when driving.
6. Buy local food to reduce transportation costs and support your community. Even better, start a garden yourself.
7. Turn waste into a valuable soil amendment by **composting** produce, peels, coffee and egg shells.
8. Plant a tree (or two). You'll help reduce greenhouse gases and provide valuable shade.
9. Switch to reusable totes (on sale this week!) instead of plastic bags. Americans annually use 100 billion plastic bags which take 1,000 years to degrade and can harm wildlife.
10. Consume less and recycle, recycle, recycle to reduce landfill waste.

Eat Healthy. Be Happy.

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