

# April 2024—Tips For Living a More Sustainable Lifestyle

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> The next time you order a drink, ask for no straw. Plastic straws often end up in the world's oceans.	<b>2</b> Slow down your fast fashion by opting for clothes made out of natural materials like wool, linen, silk, and cotton.	<b>3</b> Opt for sustainable modes of transportation such as walking, cycling, and public transportation whenever possible.	<b>4</b> Switch to rechargeable batteries. Drop old batteries off at a local recycling facility.	<b>5</b> Repurpose water when possible. Collect rain barrel water for watering your garden.	<b>6</b> Use sunscreen that's free of oxybenzone and octinoxate. Look for the words "reef safe" on the label.
<b>7</b> When shopping online, combine your orders into a single shipment and choose the slowest shipping option.	<b>8</b> Make your before-work coffee more sustainable by getting it in a reusable cup.	<b>9</b> Make sure your car tires are sufficiently inflated. Low tire pressure means more fuel is being used.	<b>10</b> Roll up your sleeves and plant a native tree in your yard to represent growth, life, peace and nature.	<b>11</b> Avoid single use items such as coffee pods, to-go utensils and disposable razors.	<b>12</b> When you reach the office, skip the elevator and take the stairs instead. Not only does this save energy but it's healthy!	<b>13</b> Wash your clothes in cold water. Switch to plastic free laundry detergent sheets.
<b>14</b> Banish bottled water. Save money and keep plastic out of the landfill by carrying a reusable bottle.	<b>15</b> How much do you know about our earth? <a href="#">Test your knowledge!</a>	<b>16</b> Turn off lights and appliances when not in use. Unplug devices at the end of the day or when not in use.	<b>17</b> Switch to LED, CFL or halogen light bulbs to reduce your energy bill and your carbon footprint.	<b>18</b> Save the brown paper you get from shipments. Use it to wrap presents using rubber stamps to decorate.	<b>19</b> The three R's—reduce, reuse, and recycle are the cornerstone of sustainable living.	<b>20</b> Compost your food scraps. Add the compost to your garden soil to enrich it and help retain moisture.
<b>21</b> Make your own vegetable stock with your vegetable scraps.	<b>22</b> Switch to make-up that's vegan, animal-cruelty free and features recyclable or refillable packaging.	<b>23</b> Trees provide us with clean air, access to clear water, shade, and food.	<b>24</b> Swap your paper towels for washable clothes. If you have to use a paper towel, many compost programs accept them.	<b>25</b> Please recycle paper and cardboard. They can be recycled and made into new products up to seven times!	<b>26</b> For items you'll use once or infrequently, borrow instead of buying something new.	<b>27</b> Buy locally produced food whenever possible. Try to go meat free at least one day per week.
<b>28</b> Get your hands dirty and try growing some of your own herbs, fruits, and vegetables.	<b>29</b> Turn the tap off when brushing your teeth. Only turn it back on when you're ready to rinse.	<b>30</b> Clean or replace your HVAC filters every three months. Your system will blow air more efficiently and draw less power.				