

# EARTH DAY SUSTAINABLE TIPS

[Inspired by The  
Common  
Wanderer blog]



Learn how to care for our planet with simple daily habits every day!

## #1 "GREEN" YOUR CLOTHING STYLE



**Did you know?** The volume of clothing Americans throw away each year has doubled in the last 20 years, from 7 million to 14 million tons.

- Thrift shop and buy second hand.
- Invest in sustainable clothing brands that will last for years.
- Reduce the need to purchase new clothes.

## #2 REDUCE SINGLE-USE PLASTIC CONSUMPTION



**Did you know?** Unfortunately, less than 30% of all single-use plastic bottles sold in the U.S. actually end up getting recycled.

- Invest in a reusable water bottle.
- Say no to single-use plastic utensils/straws and bring your own bag to the store.
- Choose zero waste toiletries, like solid shampoo bars, safety razors, etc.

## #3 EAT PLANT-BASED FOOD PRODUCTS



**Did you know?** Currently, livestock production...

- contributes nearly 15% of all global greenhouse gas emissions.
- occupies at least 30% of our habitable land.
- is causing deforestation of our valuable rainforests.

- Eat one plant-based meal a day for a year; It will save almost 200,000 gallons of water!
- Find plant based alternatives staple food items (i.e. plant-based milk, yogurt, and creamer).
- Transform favorite dishes (i.e. pizza, pasta, and stir-fry) to include more veggies.

## #4 REDUCE FOOD WASTE



**Did you know?**

- 1/3 of all food produced each year is wasted (approx. 1.3 billion tons)
- When organic material, like food, breaks down in landfill, it creates methane, a greenhouse gas over 20 times more potent than carbon dioxide.

- Have a well-thought-out meal plan and buy only what you need.
- Freeze excess produce and add to your food while cooking. Old veggies still make good soups, stews, and curries.
- Freezing leftover perishable ingredients can also increase the longevity of your food, so they are fresh when you are ready to use them.
- Compost leftover or unused food.

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