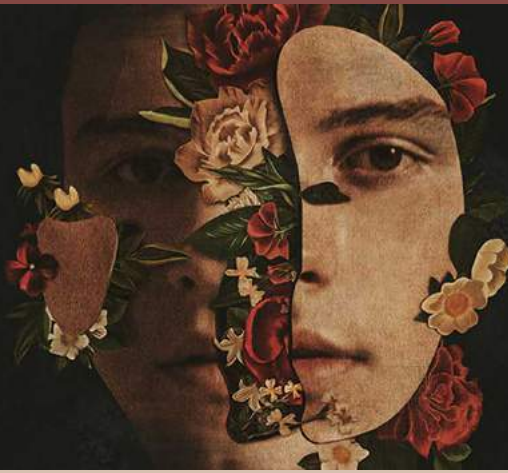


# 15 SIMPLE ACTIONS FOR THE PLANET



1. **Walk, bike, and use public transport whenever possible**
2. **Make mindful choices about what you purchase. Look for sustainable packaging and sustainable harvesting practices**
3. **Reduce your use of single-use plastics and say no to plastic bottles, straws, and bags**
4. **Bring your own cups, bottles, and bags with you**
5. **Reduce food waste**
6. **Reuse products and packaging whenever possible**
7. **Say no to fast fashion - swap clothes and shop at vintage or second-hand stores**
8. **Go paper free**
9. **Unplug your gadgets when they're not in use**
10. **Turn the thermostat down in the winter and up in the summer**
11. **Recycle, compost, and dispose of waste properly**
12. **Try to purchase local and organic food whenever possible**
13. **Wash your clothes in cold water**
14. **Support local and global nonprofits helping to stop climate change**
15. **Spread the word! Share this list with a friend to share the eco-love**