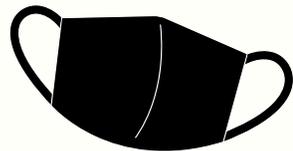
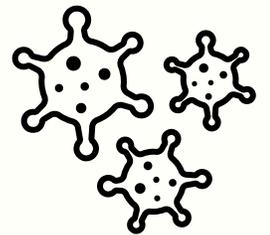


A GUIDE ON

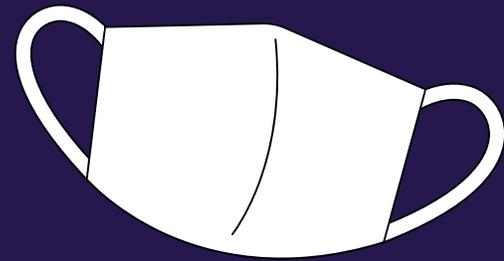
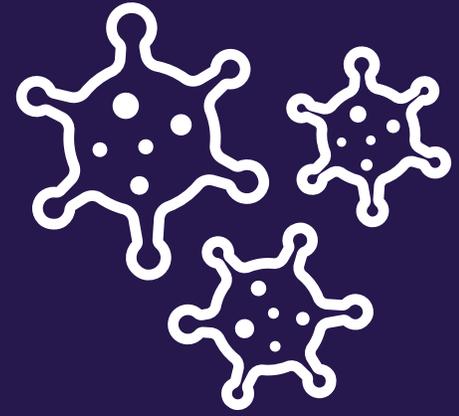
BEING SUSTAINABLE DURING A PANDEMIC

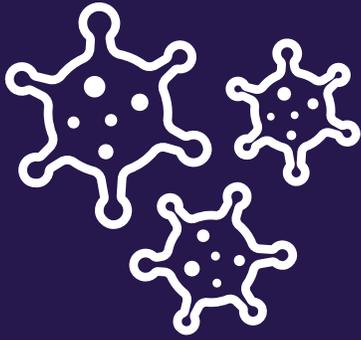
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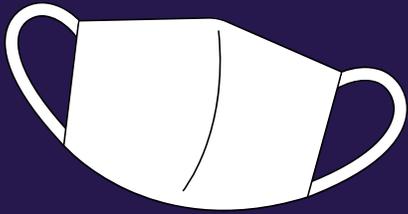
10 THINGS YOU CAN DO

1. Pack your groceries back into the shopping cart and pack them into your reusable bags when you get to your car.
2. Use a reusable cloth mask
3. Avoid all the waste (and risk) that comes with eating out, and cook at home with fresh produce!
4. Be aware of your electronics & unplug- now that our world has gone virtual be aware that electronics not in use still use power.
5. Avoid using single use cleaning wipes/products. Look into multi-use products that will last you longer.
6. DIY whenever you can! Look around the house and see what items you can make new again.





7. Educate yourself on the climate crisis and ways you can help.



8. Give plastic a second life- As COVID-19 has taught us, using plastic is sometimes inevitable, but you can mitigate its effect by repurposing the plastic you do use.



9. Start your own garden or start a compost! Being stuck at home is a great time to start a new green hobby.



10. Be patient, and take time for yourself. Take a socially distanced walk or hike and focus on your health and well-being in this time.

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