



# SAVE MONEY & SAVE THE PLANET

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# Recycling is not the answer!

Instead try:

- Reduce
- Recycle/Upcycle
- Repair
- Zero Waste Alternatives
- Apps



# 1.Reduce



Reduce Consumerism



Meal Prep



DIY



Reduce water and energy consumption, opt for walking and public transport



Use glasses instead of contact lenses

# Recycle and upcycle



CLOTHES SWAP



CHARITY  
SHOPPING



UPCYCLE JARS  
AND CONTAINERS



UPCYCLE CLOTHES



# REPAIR







# ZERO-WASTE ALTERNATIVES



APPS

ODDBOX

OLIO



**Too Good To Go**

# Plant-based diet

Meat and dairy consumption contributes for 51% of the world's greenhouse gas emissions which is more than what all types of transport combined produce.

1 pound of beef takes 2000 gallons of water to produce, which is equal to a 16-hour shower.



# Q&A! Ask away!

