SAVE MONEY & SAVE THE PLANET

By: Teodora

Recycling is not the answer!

Instead try:

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



1.Reduce

- X 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

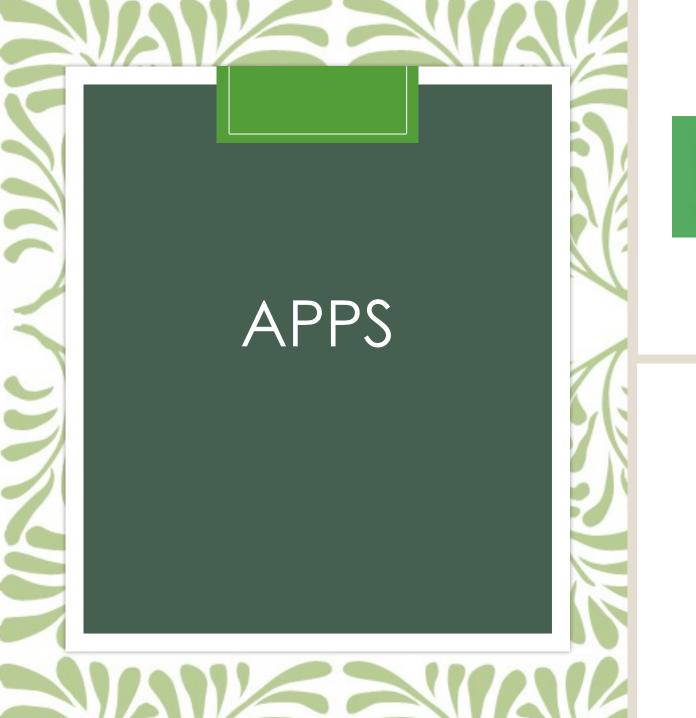




REPAIR













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!

