



Welcome to

Eco-Friendly Lifestyle Hub

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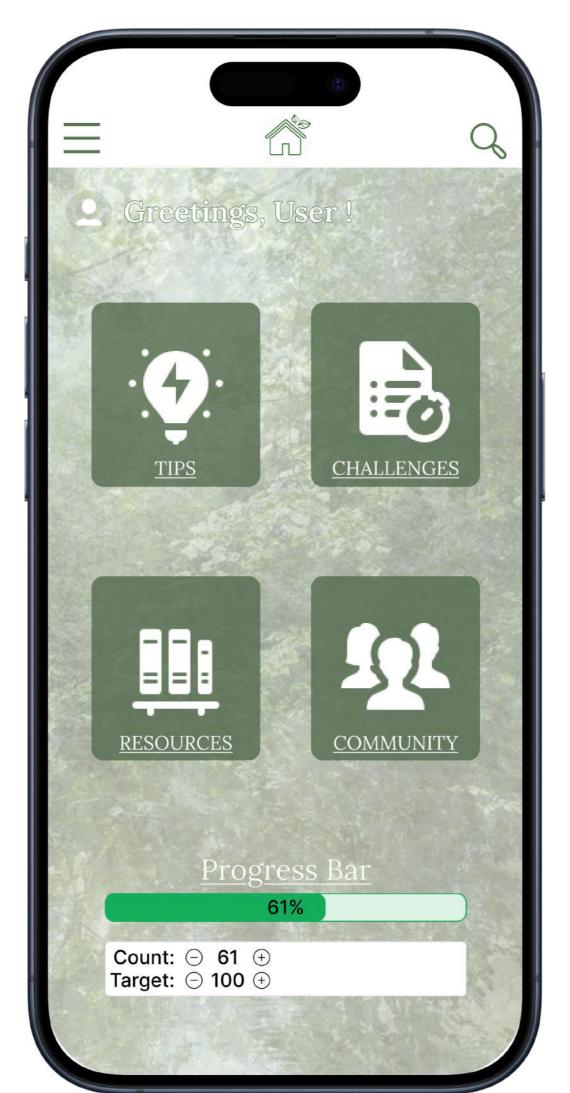
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TIPS

1. Ditch the Plastic!

Bring your own water bottle and shopping bag let's keep plastic out of landfills!

2. Save Energy, Save Money! ♥

Switch to LED bulbs and unplug devices when you're not using them.

3. Eat Green, Stay Healthy! 🥦

Try adding more plant-based meals to your diet and support local farmers.

4. Don't Waste Water!

Turn off the tap while brushing and install watersaving devices.

5. Less Stuff, Less Waste! 🞁

Buy only what you need and donate what you don't.

6. Travel the Eco-Friendly Way! 🚳

Walk, bike, or use public transport whenever possible.

7. Recycle & Reuse! 🐞

Sort your waste and find creative ways to up cycle old items.

8. Grow Your Own Greens!

Start a small herb garden and compost food scraps.

9. Support Good Brands!

Choose companies that care about sustainability.

10. Take a Digital Break! 📵

Less screen time means less energy used plus, it's great for your well-being!







CHALLENGES

12

30

- 1. One Day, No Plastic! Say NO to plastic for 24 hours—bring your own bottle, bag, and avoid packaged items!
- 2. Travel the Eco-Friendly Way! Start
 Walk, bike, or use public transport whenever possible.
- 3. Lights Out Challenge! Turn off unnecessary lights and unplug devices when not in use for an entire day.
- 4. Recycle & Reuse! Start

 Sort your waste and find creative ways to up cycle old items.
- 5. Shorter Showers! Start

 Reduce your shower time by 2-3 minutes and save gallons of water!
- 6. Support Good Brands! Start

 Choose companies that care about sustainability.
- 7. Meat-Free Monday! Start
 Try going vegetarian for a day and explore
 delicious plant-based meals.
- 8. Walk or Bike Challenge! 55 Start
 Skip the car or bike/scooter for short trips to reduce emissions.







RESOURCES

Categories: Sustainable Brands, DIY Eco Projects, Green Energy, Zero Waste.

- **1. Patagonia (Visit)**Sustainable outdoor clothing & gear.
- 2. Ecosia (V<u>isit</u>)
 Search engine that plants trees.
- 3. Package Free (Visit)

 Zero-waste everyday essentials.
- **4. Allbirds (Visit)**Eco-friendly footwear & fashion.
- 5. ThredUp ** (Visit)
 Online thrift store for second-hand fashion.
- 6. Beyond Meat

 (Visit)

 Plant-based meat alternatives.
- 7. Seventh Generation (Visit)
 Sustainable household & cleaning products.
- **8. Good On You** (Visit) Ethical brand rating app.
- 9. BioLite (Visit)
 Clean energy solutions for outdoor adventures.
- **10.** Terracycle **②** (V<u>isit</u>)

 Recycling programs for hard-to-recycle waste.







COMMUNITY

Join inspiring eco-friendly communities:

- 1. Reddit r/ZeroWaste (Visit)
 Community sharing zero-waste lifestyle tips
- 2. EcoTok (TikTok Community) (Visit)

 A group of climate activists spreading awareness on TikTok
- 3. Greenpeace Facebook Group (Visit)

 Engage with activists and learn about sustainability projects
- **4**. **Trash Is For Tossers Community** (Visit) Zero-waste lifestyle inspiration and advice
- 5. Plastic Free July Community (Visit)
 Challenge yourself to reduce plastic with global participants

Connect with friends and join their eco-friendly activities:

- **1. Sam's Eco Group** (Join) Discuss sustainable habits and share tips.
- 2. Neil's Upcycling Workshop % (Join)
 Learn creative ways to reuse and repurpose items.
- 3. Joe's Plant-Based Cooking Club (Join) Share and try delicious plant-based recipes.
- 4. Charlie's Local Clean-Up Crew ☑ (Join)
 Organize and participate in neighborhood clean-ups.
- 5. Adam's Zero-Waste Challenge (Join)
 Take part in fun, eco-conscious lifestyle challenges.