Make Your New Year's Resolutions More Sustainable

From plastic production to carbon emissions, even our small decisions make a big impact on the planet.



RESOLUTION
Drink more water

MAKE IT SUSTAINABLE

Did you know Americans buy 50 billion water bottles per year?[1]

- Purchase a refillable bottle
- At home, drink from a glass instead

MAKE IT SUSTAINABLE

Eating a plant-based diet once or more each week aids in decreasing greenhouse gas emissions.

- Start a backyard garden
- Compost
- Plan meatless Monday



RESOLUTION
Eat healthy

MAKE IT SUSTAINABLE

Exercising outside means you avoid the commute to the gym and save energy since no equipment needs to be plugged in.

- Walk, bike or run outside
- Try body weight or mat-based exercises



RESOLUTION
Exercise



RESOLUTION
Save money

MAKE IT SUSTAINABLE

Redecorating? Shop your own house before you buy new. Find ways to use old items in a new way.

- Repurpose items around the house
- Share a car



RESOLUTION
Get organized

MAKE IT SUSTAINABLE

Consignment shops and charities in your area may take gently used furniture, toys, clothes and other household goods.

- Clean out the house and donate unwanted items
- Reuse cardboard boxes as closet or garage organizers

MAKE IT SUSTAINABLE

Shipping takes a toll on the planet. When you shop online, recycle cardboard from boxes.

- Recycle
- Don't impulse shop



RESOLUTION
Be intentional

Recycling Simplified

REPUBLIC SERVICES

Visit **RecyclingSimplified.com** for more tips on environmental stewardship.

1. https://www.earthday.org/fact-sheet-single-use-plastics/