

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 1.3 billion plastic water bottles are used every day?¹

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



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: BE INTENTIONAL

Make It Sustainable

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

- Recycle
- Don't impulse shop



RESOLUTION: EAT HEALTHY

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: EXERCISE

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: 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

Ready to start recycling?

Visit RecyclingSimplified.com for recycling tips.

Source: Recycle Across America, RecycleAcrossAmerica.org

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