**Ways for living more sustainably:**

- Opt for reusable items
- Unplug appliances not in use
- Reduce your shower time and temperature
- Eat your leftovers instead of throwing them out
- Plant your own fruit, vegetable, or herb garden
- Take public transportation: carpool, walk, or bike

**GOAL:**

Reduce, reuse, or recycle 3 days per week!

Use the calendar to keep track and the ideas to get started.

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