



# 10 strategies for a greener lifestyle

Adopting even a single habit for greater sustainability can make a difference. Our actions have a ripple effect and each one of us can contribute, starting with these simple strategies:

- 1. Invest in a water bottle.** A reusable water bottle is an easy way to reduce plastic waste while helping you stay hydrated.
- 2. Go paperless.** Whether it's saying "no thanks" to paper receipts, signing up to pay bills digitally, or switching to reusable dish towels, going paperless reduces energy and tree consumption.
- 3. Shop local for fruits and veggies.** Choosing local, organic produce not only benefits the environment, you're supporting small farmers and contributing to the local economy.
- 4. Rethink your commute.** Walking, biking, using public transit, driving a hybrid or electric vehicle, or even carpooling are all valuable ways to reduce carbon emissions.
- 5. Enjoy meals with reusable utensils.** To reduce plastics pollution, choose reusable metal or wooden utensils. They're typically inexpensive, easy to clean, and perfectly portable.
- 6. Ditch plastic grocery bags.** Make "bringing your own" a habit. You'll get to hold up your bag well before anyone asks, "paper or plastic?"
- 7. Go meatless for a day (or more).** As a global movement, Meatless Monday is a fun motivator to explore new culinary options while taking part in planet-friendly, plant-based meals.
- 8. Unplug to avoid wasted energy.** If you're done using your lamp, laptop, or phone charger, unplug it. Save energy by plugging in only when you need to.
- 9. Compost food waste.** Waste from fruit, vegetables, bread, coffee, and even cereal can be dumped into a compost bin and later used to power your garden.
- 10. Recycle.** Be conscious of opportunities to recycle, and get in the habit of sorting out items that don't belong in the trash (which ends up in a landfill).



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