The health of the planet has a big impact on our individual health and well-being. Pollution and litter affect the environment and as a result can affect our physical and mental health. Choose to take small steps when possible to help improve the health of our planet, as well as the health of you and your family!

**Reuse when possible.** Reusable bags, water bottles and similar items can drastically cut down on waste with little change to your day-to-day habits.

**Recycle.** If you’re not doing so already, recycling is a great way to cut down on trash heading to the landfill (and sometimes our oceans and other waterways). Contact your local municipality to find out what you can recycle, and set up an easy system in your home to make sure anything that can be recycled is.

**Eat locally.** From clearing land to grow food, transporting food from its source to the store, and packaging that ends up in the landfill, there are many ways the food we eat affects the environment. One of the easiest ways to reduce this impact is purchasing foods, meat or produce that has been raised or grown locally, plus you know it’s fresh and in-season!

**Avoid wasting food.** Food waste can have a big impact beyond your wallet. For example, food waste takes up space in landfills and creates methane gas, which can damage the atmosphere.

**Planting a tree,** shrubs, or plants like flowers or grasses around your house or neighborhood will help prevent soil erosion, absorb CO₂ from the air, and beautify your home space.

**Be more thoughtful** about your energy and water consumption, it can help reduce your footprint and our bills! Try to cut down on long showers, unplug electronics and turn off lights when not in use.

**Limit your paper.** Opt for paperless billing, subscribe to email versions of catalogs rather than opting for mailed copies, and unsubscribe yourself from any unsolicited mail you may receive.

**Don’t litter!** Always properly dispose of your trash—and if you see trash, pick it up and bring it to a garbage can, when possible.

**Compost.** Consider setting up a compost pile or contributing compostable materials to a community composting

By taking small steps to lessen your individual impact on the environment, together we can make a big difference.