



# How Going Green Helps Your Health

We are only as healthy as the Earth we live on. You'd be surprised how helping the planet can benefit you too!

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Rethinking your habits and making small changes can have benefits for you and Mother Earth.



## LETTUCE REDUCE OUR VEGETABLE WASTE

Turn your unused vegetables into a soup and freeze unused herbs.

**This will lessen your contribution to landfills.**



Adding these changes to your daily routine will positively impact your health and the environment.



## BRING YOUR OWN

The easiest way to prevent excess trash is by using a reusable water bottle and mug.

**Drinking more water helps promote good digestive health.**

## REDUCE AND REUSE

Instead of stopping by the vending machine for your afternoon bag of chips, bring some cut up fruit in reusable containers.

**You'll cut back on waste and trim your waistline!**



Tweaking your weekly chores will make it easier on you and better for the planet.



## SHOP WITH A PLAN

Make a list of what you need to buy based on what you have.

**This will eliminate waste and prevent junk food from sneaking into your cart.**



### SOURCES

northshore.org | worldwatch.org  
hsph.harvard.edu | fruitsandveggiesmorematters.org