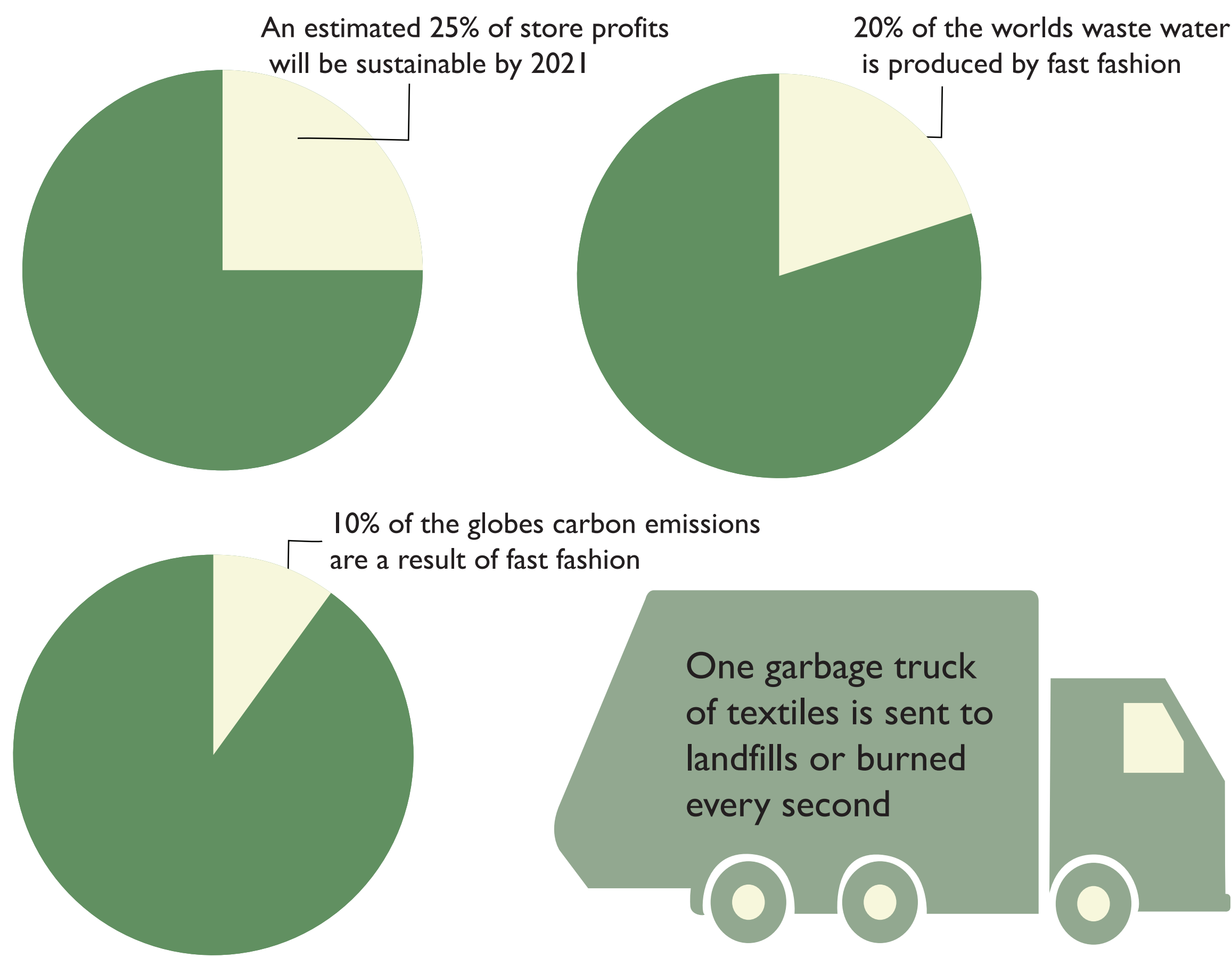


The Practice of Ethical and Sustainable Habits

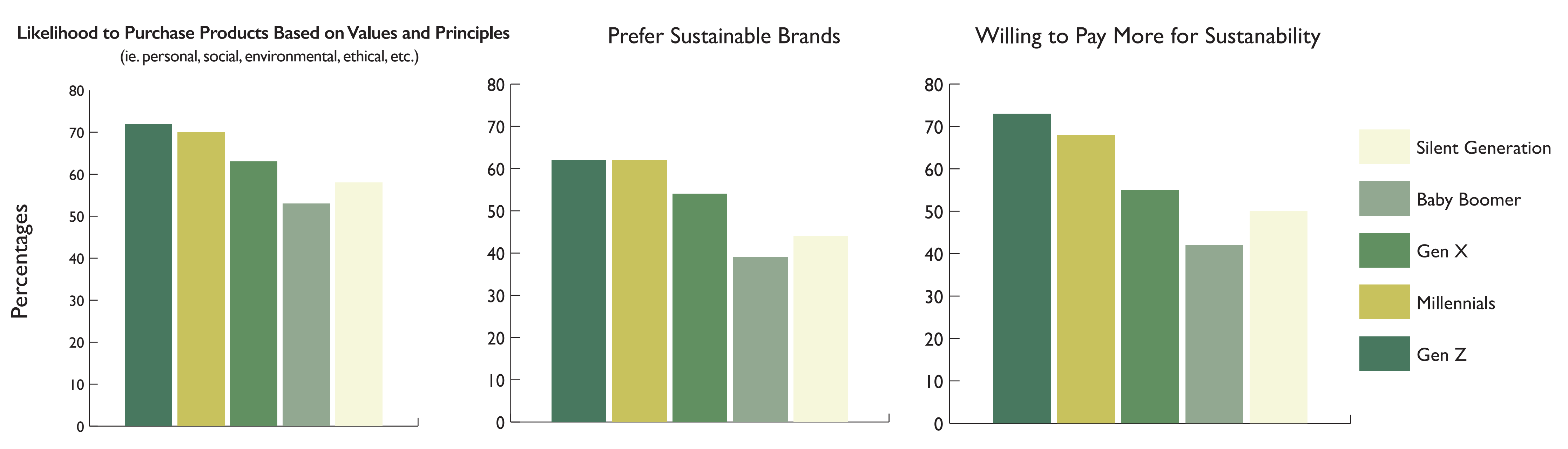
Sustainable Vs. Fast Fashion



1 Jug = 20 gallons

1 load of washing uses 40 gallons of water and the dryer uses 5 times more energy so when one skips using the dryer it saves 1/3 of the carbon footprint

Generational Gaps



How can I help?

Reduce



Become more conscious about purchasing habits only buying things you truly need.

Reuse



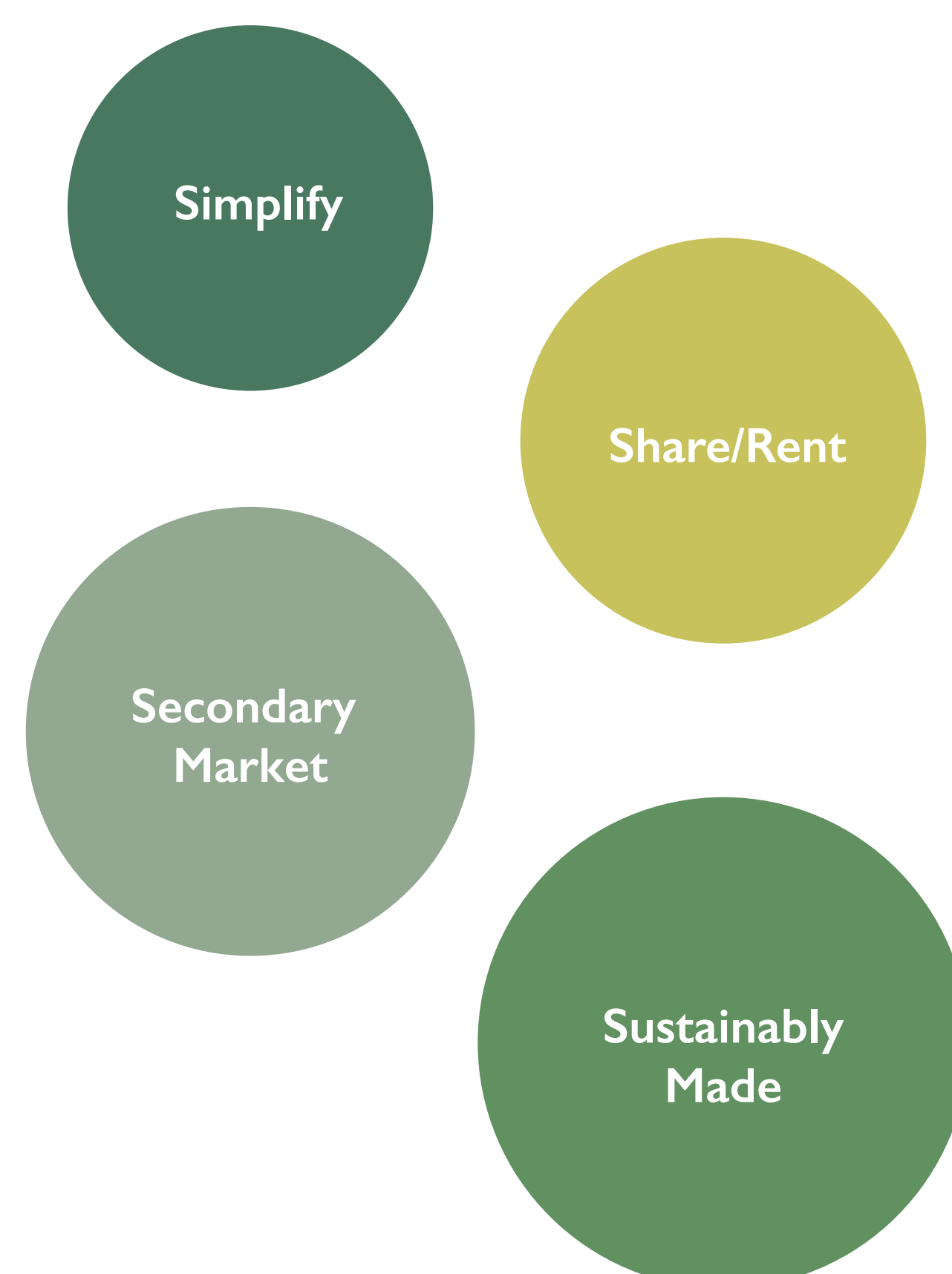
- Purchase second hand or from thrift shops.
- Use reusable bottles containers and shopping totes.

Recycle

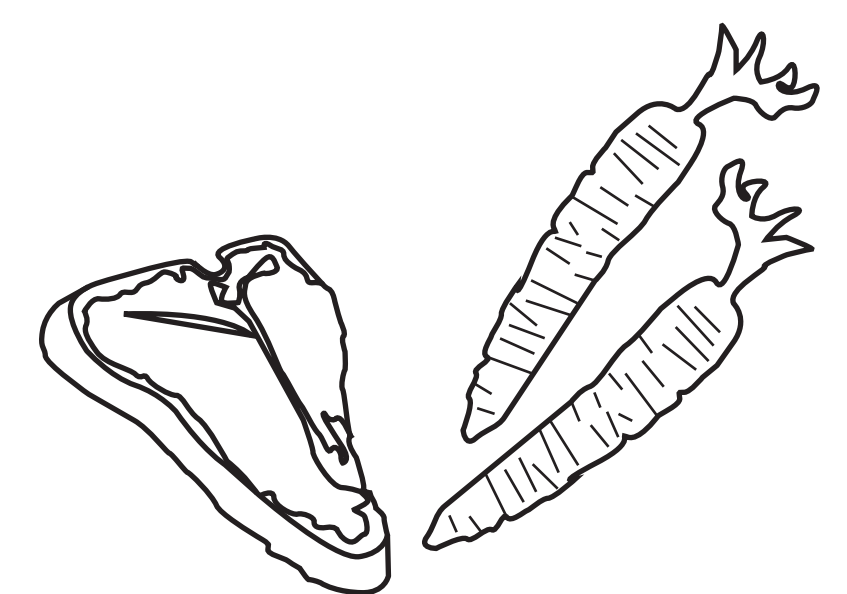


- Sell donate or give away before throwing out.
- Check out your cities local recycling programs.

The 4 S's of Sustainability



Reduce Carbon Footprint



Reduce carbon footprint by shopping for meat and fresh produce locally while supporting small businesses rather than large corporate companies.

Sources

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- <https://www.unenvironment.org/news-and-stories/story/putting-brakes-fast-fashion>
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