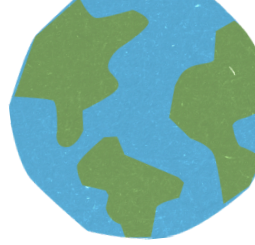




HOLISTIC
HEALTH NUTRITION

Sustainable Living



Simple actions for a healthier planet

Buy Local, Seasonal Food

Buy local, seasonal produce to reduce carbon emissions from transport, refrigeration, and storage. It's fresher, more nutritious, supports local farmers, and promotes sustainability and healthier eating

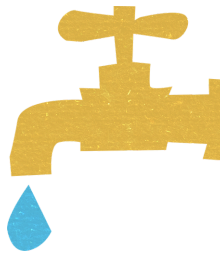
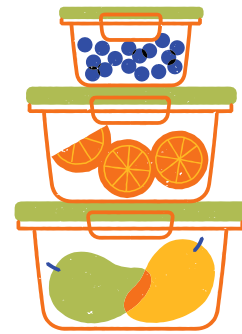


Minimize Plastic Use

Reduce plastic pollution by choosing unpackaged produce, using reusable containers for bulk items, carrying a reusable bottle or coffee cup, and bringing tote bags for shopping.

Avoid Food Waste

Avoid food waste for sustainability by storing food properly, avoid unnecessary food shopping and cooking. Plan meals to use perishables, repurpose or freeze leftovers, and donate excess food.



Additional Top Tips

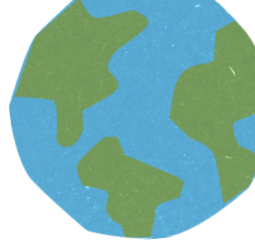
- Support eco-friendly brands
- Repair items
- Choose energy-efficient appliances
- Minimize water use
- Avoid fast fashion
- Choose biodegradable cleaners
- Reduce energy consumption
- Compost kitchen scraps





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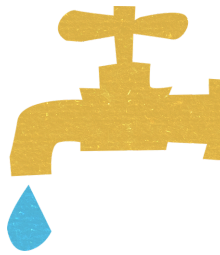
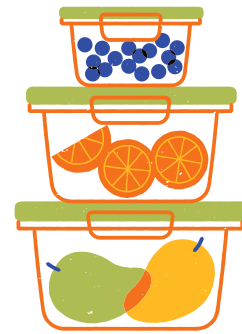


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