



# HOW TO BE AN ECO WARRIOR

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## FOR PEOPLE WHO WANT TO DO MORE

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- Before you toss that "thing" out, clean it! Give it a second life. Think of new ways to use it. Donate it! 
- Compost those food scraps and keep them out of the landfill.
- Take quick showers. Turn off the tap while brushing your teeth.
- Put a bell on your pet cat who likes to go outdoors. Save native birds and other small wildlife from a surprise attack.
- Help your family to not waste electricity. Turn off lights and TV's that aren't in use.
- Is this new toy a "want" or a "need?" Toys made from plastic (whether in your toy box now or in a landfill later) don't breakdown. Plastic is called forever plastic for a reason.
- Check the ingredients on your favorite foods. Avoid foods with unsustainably-sourced palm oil.
- Read the tags on your clothes. Polyester, rayon, nylon, fleece, and spandex aren't eco-friendly fabrics. Consider these plant-based options: organic cotton, tencel, linen, hemp, bamboo.
- Add pollinator-friendly flowers to your garden. 
- Do a family clean-up by picking up trash at the local school, park, & beach.
- SKIP the plastic straw! 