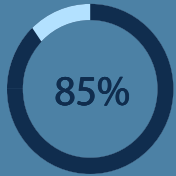


# 5 Ways to Be More Sustainable

**Avoid Fast Fashion** While cheap, new clothes may be more affordable for your wallet, they aren't for the environment.

10% of all Carbon emissions are from the fashion industry.



85% of all textiles end up in landfills.

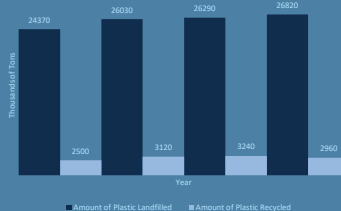
**Transportation** Walk, ride your bike, take public transport, or carpool to your destinations to reduce carbon emissions from automobiles.



20% increase

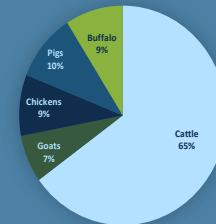
In Southern California, there has been a 20% increase in air quality since the stay-at-home order took place in early March. This is largely in part because of the decreased carbon emissions from cars - there's much less traffic.

**Recycle** When single-use plastics are thrown away they are often incinerated, releasing toxic pollutants into the air, or end up in landfills or waterways, killing wildlife that ingests it thinking that it's food.



If you can't completely switch to non-plastic, reusable items, be sure to recycle the plastic, cardboard, and paper products you use! It's the best and easiest thing to do to reduce the need for single-use plastics, so buy reusable grocery bags, water bottles, straws, and food containers to minimize your contribution!

**Meatless Meals** Eat less meat or cut it out of your diet altogether.



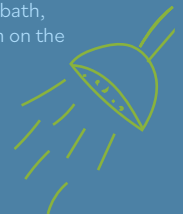
The agricultural sector cuts down massive amounts of trees to provide space for livestock, which gets rid of the natural carbon sinks that forests provide. By eating less meat, you are helping lessen the demand for meat and reducing your carbon footprint.

## Water Conservation

By taking a short shower instead of a bath, you're saving water and cutting down on the energy needed to heat that water.

The average person uses

5 Gallons of water per minute



So, be sure to turn off the water when you're brushing your teeth, soaping up in the shower, and washing the dishes!