

# NEW YEAR, GREENER YOU

*small sustainable resolutions with big impact*



## Cut Back on Plastics

Avoid single use items, such as plastic water bottles, and switch to reusable options. Purchase products that aren't prepackaged in plastics, such as loose produce, and bring canvas bags with you to avoid buying extra shopping bags in the grocery store line.

## Explore Public Transit Options

Public transportation is almost always more sustainable than driving a car. Check [njtransit.com](http://njtransit.com) for options for buses and trains within New Jersey, and to NYC and Philadelphia.



## Save the Scraps

Scraps from vegetables and chicken can be used for soups and broths. Much of what you cannot use may be compostable! Starting a compost pile reduces the amount of trash that will wind up in a landfill and can provide you with fertilizer for your garden!

## Unplug Appliances

Always unplug appliances such as phones, computers, and other electronics while not in use. When possible, set up appliances in places where the outlet will be easy to reach. Unplugging appliances is a great way to save energy and cut down on your electricity bill.

## Shop Sustainably

Whether you're buying holiday lights or a new blender, always look for energy efficient and sustainable options. Look for products with an Energy Star or Water Sense certification.



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