

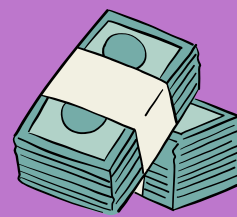
The Recycler



Nitpick Your Picnic



- Eat more ice cream cones! Instead of a plastic cup, treat yourself & have your ice cream in an edible cone.
- Planning a picnic? Forgo the paper plates and napkins. Bring lightweight reusable plates, silverware, and washcloths instead!
- Go meatless for one day a week! This helps save your wallet and the environment!

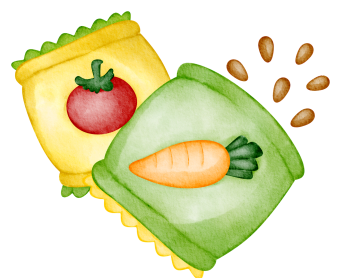


Spend Less Money!

- Have a "no spend" day! Challenge yourself to not buy any food, drinks or any unnecessary purchases for a day and see how it goes! "Refusing" is very effective in helping the planet.
- By participating in garage sales, individuals contribute to a more sustainable consumption pattern.
- Instead of purchasing clothing firsthand, try thrifting



ENJOY LOCAL GOODS



- Visit locally owned and environmentally friendly farms when shopping for food items. Or, stop by your local farmers market to help support your community.

**Bowling Green
Farmer's Market**
Open Wednesdays
4pm - 7pm
Located @ the intersection
of Clough & Main just south
of downtown

- Grow your own garden! Instead of purchasing fruits, vegetables, and herbs from the store, buy seeds and plants to start your own garden at home!

Sustainable Summer Tips

KITCHEN

- Handwash your dishes as it uses less water than the dishwasher!
- Start a small compost pile, either outside or in a sealable container in your kitchen.
- Turn off your sink when it's not in active use to help conserve water.



CLOTHING

- Instead of throwing out old shirts and clothing, reuse them as rags.
- Turn your washing machine to the cold setting when washing your clothes.
- Use an outdoor clothesline instead of your drying machine.



BOWLING GREEN STATE UNIVERSITY

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