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, try thrifting!

- By participating in garage sales, individuals contribute to a more sustainable consumption pattern.

- Instead of purchasing clothing firsthand, try thrifting!

- Go meatless for one day a week! This helps save your wallet and the environment!

- 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.

- 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.

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