

# Simple Eco-Friendly Swaps to Reduce Your Environmental Impact

APRIL 2023

PHYSICAL

EMOTIONAL

SOCIAL

FINANCIAL

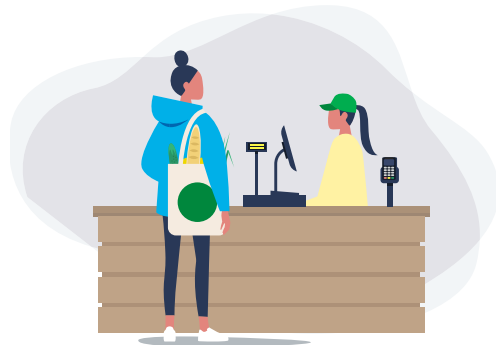
GROWTH

ENVIRONMENTAL

There are countless ways to live an eco-friendlier life. Start with these simple swaps. Then, set goals to tackle larger sustainability projects, such as buying from businesses that prioritize low waste, making your home more energy-efficient, or researching new ways to reduce your impact.

## Out with the Plastics and Single-Use, In with the Reusable!

- Swap plastic baggies for snack containers or washable baggies
- Swap plastic water bottles for reusable water bottler
- Swap single-use coffee cups and K-cups for BYOMug and reusable K-cup
- Swap paper towels, paper napkins, and sponges for reusable dishtowels, sponges, and cloth napkins
- Swap plastic bags for reusable produce and shopping bags
- Swap plastic utensils and straws for reusable cutlery kit, including a straw



## Substitutes for Reduced Energy Consumption

- Swap expedited shipping for standard shipping to cut down on trips and boxes
- Swap the dryer for hang drying
- Swap car keys for sneakers, a bike, public transit, or carpooling
- Swap incandescent bulbs for energy-efficient bulbs
- Swap long showers for short ones
- Swap supermarket staples for local farmers' markets and CSAs
- Swap air conditioning for open windows

Check out this year's Way to Wellness topics and [download](#) our 2023 companion calendar with more great tips and challenges to track for each month. Stay tuned for upcoming topics!