

# Monthly NewsLetter

NEW

ECO-FRIENDLY ●

DATE ●

1/3/2024

## Top news

January 15 Monday Rev. Dr. Martin Luther King Jr. Day, schools closed

January 23–26 Tuesday– Friday Regents Administration

January 30 Tuesday Spring Semester begins

### **Holocaust Remembrance Day**

The purpose of the day is to honor the millions of victims of Nazism and develop educational plans to prevent future genocides.

## Top Business News sage.

Website updated -1/9/24

New items released  
GO CHECK IT OUT



## 8 EASY WAYS TO BE MORE ECO-FRIENDLY (AND BENEFIT YOUR HEALTH) IN 2024

### SWITCH TO REUSABLE TOWELS

Instead of using wasteful, single-use paper towels to clean up messes around the house, keep a stack of reusable unpaper towels under the sink. If you don't want to spend any money, cut up old t-shirts or bath towels into squares and use them as rags.

### DITCH THE DRYER SHEETS

Most dryer sheets are not only infused with nasty chemicals and strong fragrances, but they are super wasteful too. Now's the time to finally ditch those toxic dryer sheets and switch to a sustainable dryer sheet alternative like wool dryer balls.



### BUY ORGANIC PRODUCE

The thought of going 100% organic sounds overwhelming and very expensive. But it's a smart idea to buy the organic version of the most highly contaminated types of produce. The EWG's Dirty Dozen is a great place to start.

### SKIP THE PLASTIC WRAP

Another way to reduce plastic in the kitchen is to replace plastic wrap and plastic bags with sustainable alternatives. Once you start using reusable bowl covers, silicone bags and beeswax wrap, you'll never want to go back to flimsy plastic wrap and single-use plastic bags.

## USE ECO-FRIENDLY LAUNDRY DETERGENT

Conventional laundry detergent is made with powerful chemicals, strong fragrances and artificial colors (that bright blue isn't very natural, is it?) that are linked to harmful effects on both humans and marine life.

## EAT LESS MEAT

Not to sound like a broken record, but meat accounts for 60% of all the greenhouse gasses from food production. Even though we've heard this time and time again, it can be hard to make the switch to eating less meat. For Christmas this year I gifted myself the cookbook *The Weekday Vegetarians* and I'm excited to bring more meatless meals into our family's dinner rotation.



## Buy less

Save pennies and the planet by reducing the amount of stuff you buy. This is a really easy green resolution, as it requires you to do absolutely nothing!

That thrill of owning a new sweater will wear off. But the satisfaction of saving will continue long into the future when you can use your nest egg to buy something more memorable and long-lasting.

Buying less also preserves energy, materials and the planet's natural resources.

## Buy second-hand

Okay, we get it. It may not be possible to refrain from buying absolutely anything in 2024. But when you do need to refresh your wardrobe or give your living room a makeover, try to buy better than you did in 2023.

How? By exploring the wonderful world of thrift shopping. Need a new coat? Explore second-hand clothing apps. Looking for new furniture? Check out Gumtree or Facebook Marketplace. Taking up tennis? Find a racket at your local charity shop!