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**ECO - FRIENDLY LIVING** 

SMALL CHANGES YOU CAN MAKE TO LIVE
A MORE ECO-FRIENDLY LIFE

## Save Energy



- Use Energy Efficient Lightbulbs.
- Switch off computers when not in use.
- Switch off lights, Fans, AC and electrical appliances when not required.
- · Get energy-efficient appliances and electronics.

#### **Save Water**

- Reduce Water Consumption in the Kitchen.
- Don't let water run while washing dishes.

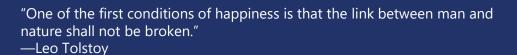


- Instead of using running water to wash vegetables, place a basin or large pot in your sink, fill it with water, dunk your vegetables in it and rub them till they are clean.
- Don't leave the tap running when you're brushing your teeth.
- Have shorter showers.
- Reuse the wastewater generated by RO purifiers for household chores, flushing toilets and more.
- Use washing machines when its full, never run half loads

#### Waste less Paper



- Print as Little as Necessary.
- Don't Waste Napkins.
- Use All of the Paper.
- Never Throw Away Newspapers.
- Wrap gifts in fabric and tie with ribbon; both are reusable and prettier than paper and sticky-tape.





## Benefits Of Drinking Water Stored In A Clay Pot



- Clay pots are porous in nature which helps in cooling water. wil also provide you with the healing attributes of the earth.
- Since clay is alkaline in nature it helps to maintain the Ph balance in our hodies
- Drinking from an earthen pot can boost metabolism without dangerous chemicals like BPA.
- The water stored in an earthen pot is gentle on the throat
- We all know how common sun strokes are in summer. Since it proves the body with necessary nutrients and vitamins to maintain the body glucose and prevents us from heat strokes.





#### Reduce plastic from your life

- Use Reusable Bags Whether you are shopping for food, clothes or books.
- Shop less plastic.
- Cut down use of plastic in your day to day life.



#### **Avoid using Cars always**

- Avoid Taking Cars where you can walk or bicycle.
- Do your grocery shopping online because it eliminates car trips and by using one delivery van, many customers are delivered.
- Take public transportation.
- Reduce Purchases: Buy less clothes, In general, think before you buy any product - do you really need it?



## **Stop Food Wastage**

- Do not waste food.
- Take smaller plates so you fill less.
- Make meals using leftovers.
- Create Compost from Left-over Food This natural and practical habit creates healthy nutrients for your garden's plants. It also cuts down on excessive and unnecessary garbage disposal.



## **Protect All Wildlife**

 This requires a collective effort and extends to protecting your forests and nearby open fields in which all forms of natural wildlife depend for their habitat and survival.



#### **Save Trees**

- · Have more indoor plants.
- Plant some trees if possible.



### Do not Litter

 It does not matter where you are or how small the item, simply do not do this.

# Be informed and spread awareness to others.

#### Disclaimer

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