

# Actions you can take to help

## Reduce the Amount of Meat & Dairy you Eat



Why?

These industries use huge amounts of resources such as land, food, and water. They also cause huge greenhouse gas emissions. Below is a graphic depicting the emissions caused by different foods.

How?

Start cooking plant-based meals!

Here are some great vegan blogs w/ recipes to try

<https://www.rabbitandwolves.com>

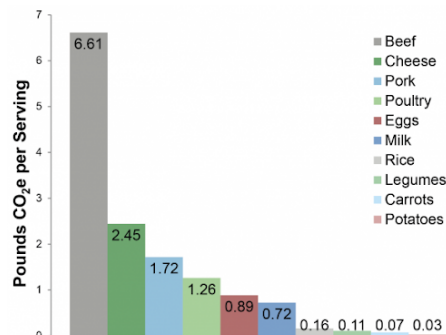
<https://minimalistbaker.com>

<https://www.mythrivemag.com>

Visit some of Charlotte's vegan restaurants such as:

**Fern, Flavors from the Garden**

**Peace of Soul Vegan kitchen**



## Buy local produce

Why?

Many of the greenhouse gas emissions from foods are from transportation. Buying local cuts out unnecessary transportation

How?

Charlotte regional farmers market

Atherton market

University City Farmers Market - opening October 3 [univcitymarket.org](http://univcitymarket.org)



## Reduce use of single-use plastics



Why?

Single-use plastics do not break down in landfills they just break up. They are also hard to recycle and recycling plastic degrades the quality so it is not sustainable.

How?

Buy reusable items such as grocery bags, silicone or metal straws, water bottles, and other coffee containers. These items are all available on Amazon.

## Shop second hand

Why?

Shopping second hand for clothing prevents those clothes from ending up in landfills and stops the production of new clothes which uses lots of water and carbon dioxide for transportation. One pair of jeans takes 1800 gallons of water to produce.

How?

Buy your clothing from local thrift stores or thrift stores like goodwill.



Why?

## Reduce use of clothing dryers

It is estimated that clothes dryers emit more than 2,000 pounds of carbon dioxide each year!

How?

Hanging up your clothes to dry reduces emissions and extends the life of your clothes. You can buy a clothing rack, hang them on a line, or just toss your clothes over the door to let it air dry.

## Use reusable masks

Why?

Disposable masks create more waste that ends up in landfills and in the environment. They have created a big problem in marine ecosystems.

How?

Buy reusable masks. These can be found on Amazon, Etsy, and other retailer sites.



