

# Ways to Level Up Your Sustainability at Home this EARTH DAY

## IS YOUR FAVORITE FOOD UNAVAILABLE?



### Try Some New Foods:

- Teach your family increased food literacy.
- Support your community by going to new local restaurants & markets.

## TRYING TO STAY ACTIVE?



### Start a Home Improvement Project:

- Weather-proof your house to save energy and increase comfort.
- Build a garden to grow your own organic food.

## FEELING STUCK INSIDE?



### Open Windows and Shades:

- Increase access to fresh air.
- Regulate your circadian rhythm with access to sunlight.
- Sooth your minds and body with nature views and sounds.