

30 DAY SUSTAINABLE eating CHALLENGE



1
Try this meatless recipe



2
BYO Bags



3
Carry a Reusable Water Bottle



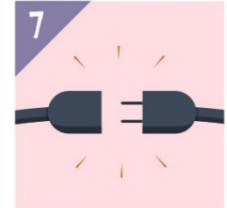
4
Green Your transit



5
Get Outside



6
Make your lunch



7
Unplug Electronics



8
Try this meatless recipe



9
Grow your own



10
Shop the Bulk Bins



11
Go Paperless



12
Freeze Scraps for Stock



13
Pack Your Own Utensils



14
Choose Reusable Cloths



15
Try this meatless recipe



16
Green Your Cleaner



17
Check Your Recycling



18
Bring a Reusable Coffee cup



19
Use The Entire Vegetable



20
Choose Local



21
Ditch Your Plastic Bag



22
Try this meatless recipe



23
Conserve Water



24
Share When You Can



25
Eat with the Seasons



26
Shop the Bulk Bins



27
Grow From Scraps



28
Stock up on Food Storage Containers



29
Try this meatless recipe



30
Donate

Join us at

<http://www.eatingwell.com/article/291628/30-day-sustainable-eating-challenge/>
for the 30-Day Sustainable Eating Challenge.

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