

Safety & Wellness on the GO! READ TOPIC

TOPIC DATE: 4/26/25 TOPIC#: 17

This is OUR POWER, OUR PLANET™

#EarthActionDay | APRIL 22, 2025 |

Lower Your Carbon Footprint

- Bike or walk
- Carpool or take public transportation
- Choose an energy efficient vehicle
- Make fewer trips by grouping your errands
- Drive smart: go easy on the brakes
 and gas, use cruise control, and keep your car well-maintained

Be H20 Smart

- Repair leaky faucets and replace old equipment like toilets and dishwashers when possible
- Turn off the water to brush teeth and shave
- Run full loads of laundry and dishes
- Collect rainwater to use in your garden

EARTH DAY

Feed People, not Landfills

- Check your refrigerator, pantry, and freezer before shopping to avoid buying foods you don't need
- Plan your meals for the week before heading to the store
- Properly store fruits and vegetables so they last longer
- Befriend your freezer and leftovers

Reduce, Reuse, and Recycle

- Reuse or repurpose containers, clothing and cloth grocery bags
- Give clothes a second life by donating or buying used
- Know what items your local recycling programs collects, and what items are recyclable

Source: https://www.epa.gov/earthday/making-earth-day-every-day-infographic

Source: https://www.earthday.org/

LIFE CAN BE TOUGH, BUT GETTING HELP IS SIMPLE!



Contact Ulliance—they're here to help! Call 800.448.8326 or click LifeAdvisorEAP.com. This confidential service is FREE for Fabiano Brothers employees and their families.





