



Good or bad, we impact the environment every day. Whether it's what we eat, buy, decide, or do - making simple, sustainable choices in our daily lives contributes to great strides towards a healthier planet. The little things really do add up.

USE A REUSABLE BOTTLE

Replace your one-time use cup habit with a stylish and sustainable reusable bottle or mug. You will save money and our planet's precious natural resources. [Learn more.](#)

BUY IT USED (AND DONATE TOO)

Everything from furniture to cars can be bought in good shape second-hand. You'll save money and reduce waste. You can also contribute by donating your unwanted items. Check out the [NYC Stuff Exchange](#).

RECYCLE

Every day, the average New Yorker discards nearly four and a half pounds of waste, which equals over 3/4 of waste per year! Reduce this number by following the three R's: Reduce, Reuse, and Recycle, and [visit NYCWasteLe\\$\\$ for more tips.](#)

USE REUSABLE BAGS

Carry a reusable bag with you when you go shopping and help eliminate the 100 million pounds of disposable bags Americans use annually. [Get the facts.](#)

USE ONLINE BANKING

Enroll in a paperless banking program. It's safe, convenient, and can help the US keep 1 billion pounds of paper out of the waste stream. [Learn more.](#)

BUY THINGS THAT LAST

A more expensive toaster that lasts 10 years ends up cheaper than a cheap one that breaks after a few years. You can do your part to keep items out of landfills.

BUY LOCAL

On average, produce travels 1,500 miles before you buy it. The closer your food, the fresher, tastier, and more nutritious it is. Greenmarkets across the City and Community Supported Agriculture (CSA) are convenient and delicious ways to buy local. [Learn more.](#)



EAT ORGANIC

Why eat chemicals when you can eat real food? Organic food contains far fewer chemicals than conventional food. It's better for your health, and it reduces water pollution and dependence on oil.

GET A LIBRARY CARD

Save money and trees by borrowing books from the library. They have the latest best sellers, all the classics, and also movies, music, and magazines. [Visit a New York Public Library](#) – they're some of the best in the nation.