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**Do you know that simple changes can improve your life and the life of our planet?**

**What we do and you can do at home:**

- ❖ Recycle paper and cardboard
- ❖ Recycle glass and plastic
- ❖ Turn **lights off** when not in use
- ❖ Limit **use of the AC**
- ❖ Limit **use of water** (e.g., when brushing our teeth)
- ❖ Turn **cars off** when parked
- ❖ Donate **items** instead of throwing them away
- ❖ Install **SOLAR PANELS**



**FOOD is a fundamental part of our everyday life and it impacts our health too!**

**What we do and you can do at home:**

- ✓ Buy from **local producers**
- ✓ Buy **organic food**
- ✓ Bring **our own** bags when shopping
- ✓ Read **labels** on products
- ✓ Avoid **buying processed food**
- ✓ Eat **vegetables and fruits daily**
- ✓ Drink **water** and avoid soda
- ✓ Prep and **cook from scratch**
- ✓ Limit eating out and fast food
- ✓ Teach each other the importance of eating healthy
- ✓ Follow the **MEDITERRANEAN DIET**, greatly reducing red meat

**What about...  
FOOD?**

