



WHAT SHOULD I DO TO HELP THE ENVIRONMENT AND THE ANIMALS?



I TAKE 5 MINUTE SHOWERS



I RIDE MY BIKE AS MY TRANSPORT



I USE A REUSABLE BOTTLE



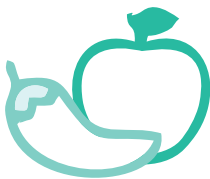
I SHOP WITH REUSABLE SHOPPING BAGS



I SEPARATE THE RECYCLING MATERIALS (PLASTIC, PAPER, METAL)



I DON'T THROW TRASH IN THE STREETS OR AT THE BEACH



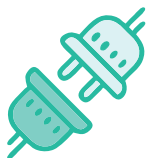
I CHOOSE PRODUCTS WITH LESS PACKAGING



I EAT LESS MEAT OR I'M VEGETARIAN



I SEPARATE THE FRUITS AND VEGGIES FROM REGULAR TRASH



I UNPLUG ALL THE ELECTRONICS I'M NOT USING



I USE RECHARGABLE BATTERIES



I INSPIRE A FRIEND TO JOIN!