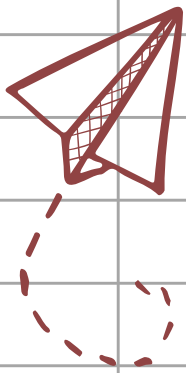


LIVING MORE SUSTAINABLY AT HOME & SCHOOL





WELCOME!

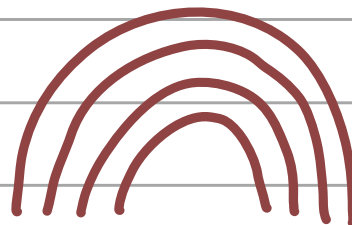
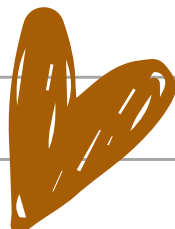
We're thrilled that you've chosen to embark on this journey towards a more sustainable lifestyle. Whether you're a family looking for ways to lessen your environmental impact or a classroom committed to nurturing eco-friendly habits, this resource is for you.

Inside this document, you'll find:

- 1. Thirty-six Easy-to-Implement Tips:** We've curated a collection of practical tips that anyone can follow to make their home and school life more earth-friendly. From energy-saving habits to recycling practices, these tips cover a wide range of actions you can take to reduce your environmental footprint.
- 2. Engaging Discussions:** Use these tips to start conversations with your family members, classmates, or friends about the importance of living sustainably. Sharing ideas and learning from each other will make this journey more enjoyable and effective.
- 3. Sustainable Living Checklist:** To help you track your progress, we've included a handy checklist. Print it out and use it to monitor your achievements as you incorporate these eco-friendly practices into your daily life. Celebrate every small success and stay motivated on your path to a greener lifestyle.

Remember, every action counts. By adopting these sustainable practices, you're contributing to a healthier planet and a better future for all living beings. We're excited to have you join us in making a positive impact on our world.

Happy, sustainable living!





COMMITMENT

At The Great Coffee Project, sustainability is at the core of our values. We're committed to promoting eco-friendly practices not only through our business operations but also by empowering our customers and community.

We source our coffee beans from environmentally responsible farms that prioritize organic cultivation methods, water conservation, and wildlife preservation. Our packaging is designed to minimize waste, utilizing recyclable and compostable materials whenever possible.

Moreover, we invest in renewable energy and support initiatives that reduce our carbon footprint. By providing resources like this Sustainable Living Tips and Checklist, we aim to inspire and educate others to join us in our mission to protect our planet for future generations.

Together, we can make a difference, one cup of coffee and one sustainable action at a time.



THE GREAT COFFEE PROJECT



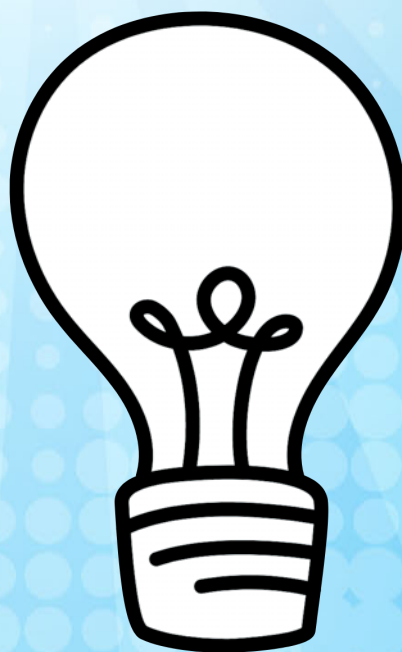
**MEET SAM THE RACCOON AND NIKOLAI THE
SQUIRREL. THEY ARE MEMBERS OF
THE GREAT COFFEE PROJECT & ARE YOUR
GUIDES TO LIVING MORE SUSTAINABLY
AT HOME & AT SCHOOL!**

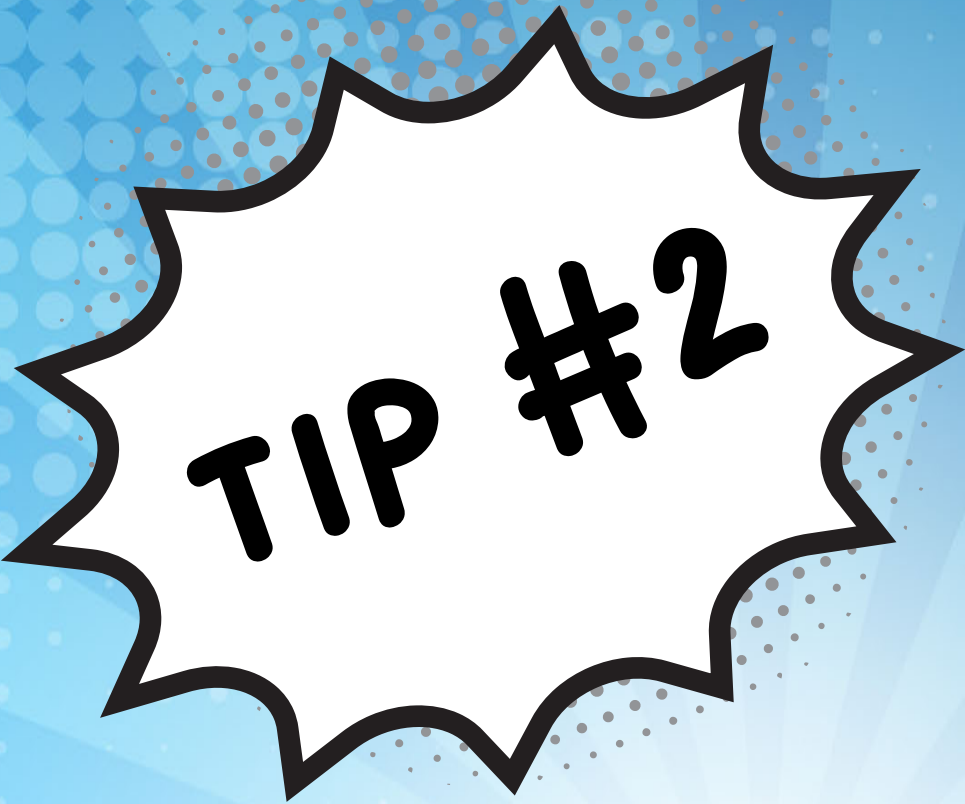


**THEY HELPED US ASSEMBLE THIS PACKAGE TO PROVIDE YOU EASY
TO FOLLOW TIPS THAT YOU CAN IMPLEMENT IN YOUR LIFE. WE BET
YOU ALREADY DO MANY OF THEM SO THE LAST FEW PAGES ARE A
CHECKLIST SO YOU CAN TRACK YOUR PROGRESS!**

TIP #1

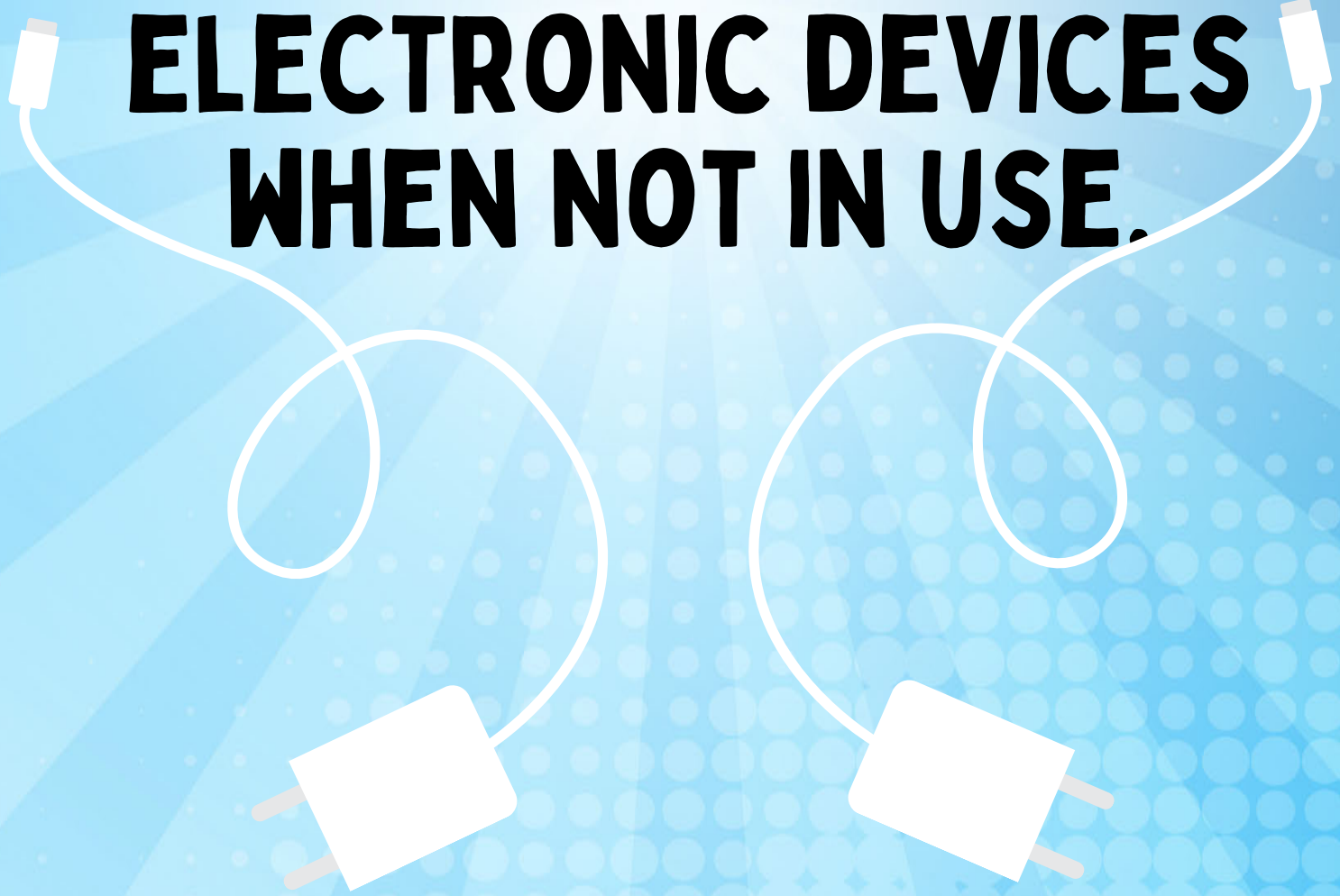
**TURN OFF LIGHTS WHEN
NOT IN USE TO SAVE
ENERGY.**





TIP #2

**UNPLUG CHARGERS AND
ELECTRONIC DEVICES
WHEN NOT IN USE.**



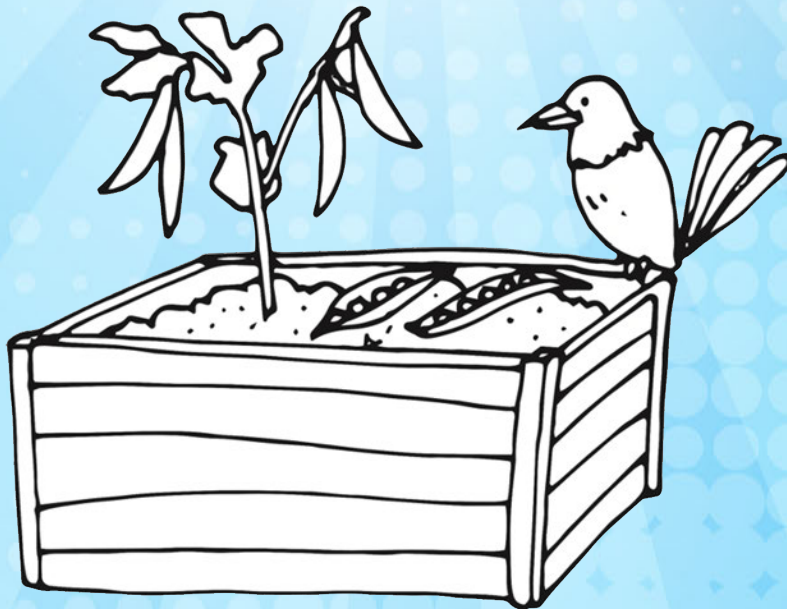
TIP #3

**USE ENERGY-EFFICIENT
LED LIGHT BULBS.**



TIP #4

**PLANT A VEGETABLE
GARDEN OR START A
SMALL HERB GARDEN ON
YOUR WINDOWSILL.**



TIP #5

**RECYCLE
PAPER,
PLASTIC,
GLASS, &
METAL
PRODUCTS.**



TIP #6

**COMPOST FOOD SCRAPS
TO CREATE NUTRIENT-
RICH SOIL FOR PLANTS.**



TIP #1

**USE REUSABLE BAGS,
WATER BOTTLES, AND
CONTAINERS TO
REDUCE
PLASTIC
WASTE.**



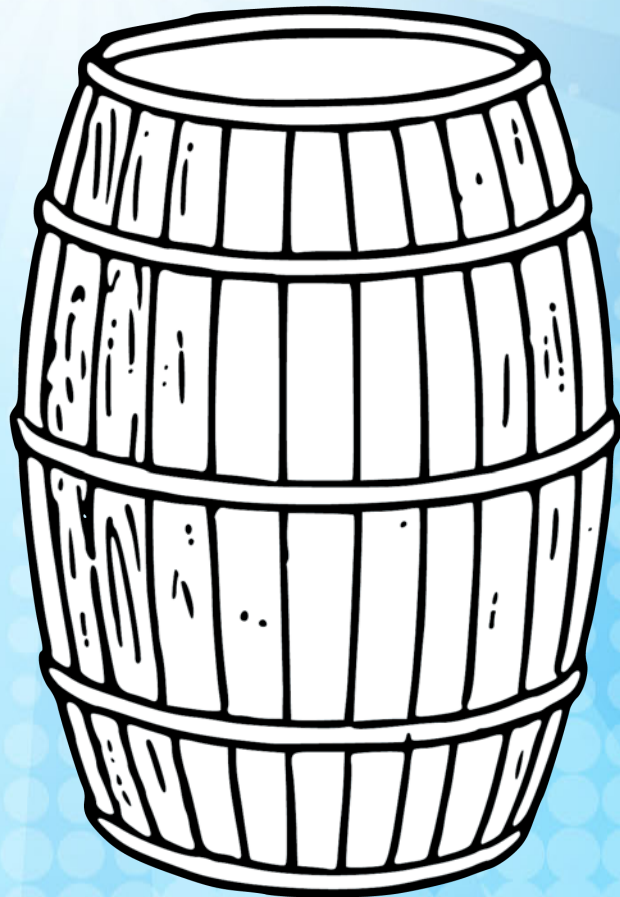
TIP #8

**WALK, BIKE, OR USE
PUBLIC TRANSPORTATION
INSTEAD OF DRIVING
WHEN POSSIBLE.**



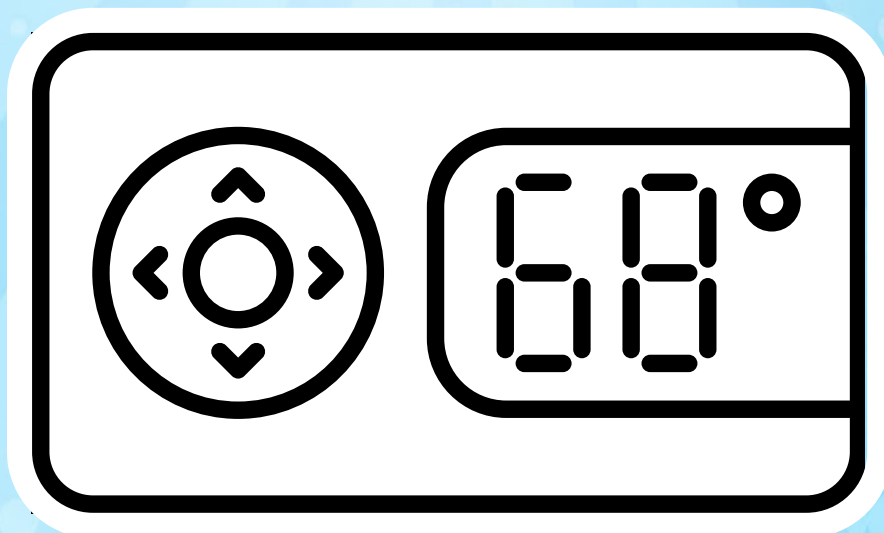
TIP #9

**COLLECT RAINWATER IN
A BARREL FOR
WATERING
PLANTS.**



TIP #10

**USE A PROGRAMMABLE
THERMOSTAT TO SAVE
ENERGY ON HEATING AND
COOLING.**



TIP #11

**WASH CLOTHES WITH
COLD WATER AND LINE
DRY WHEN POSSIBLE.**



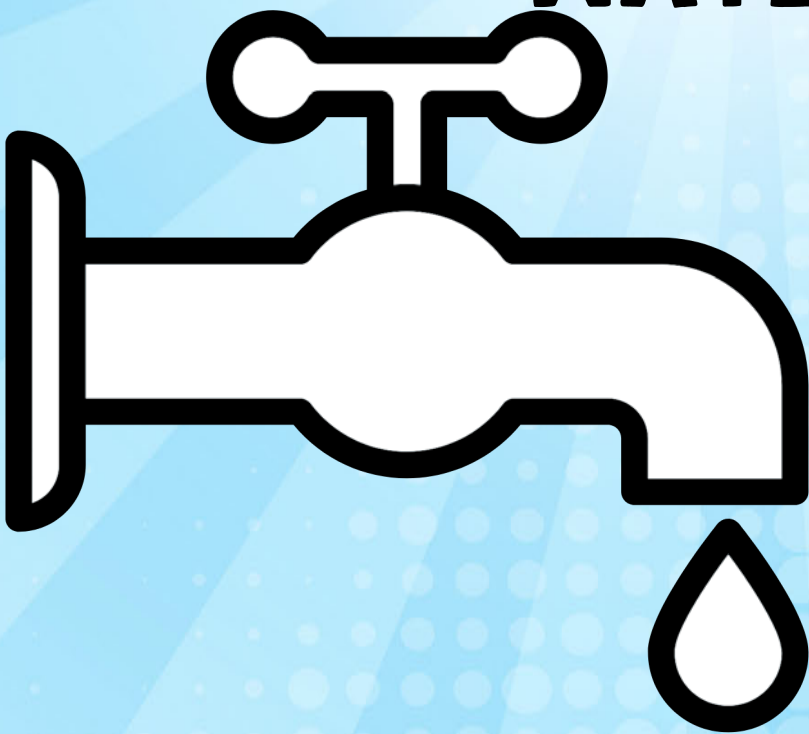
TIP #12

**INSTALL A LOW-FLOW
SHOWERHEAD TO SAVE
WATER.**

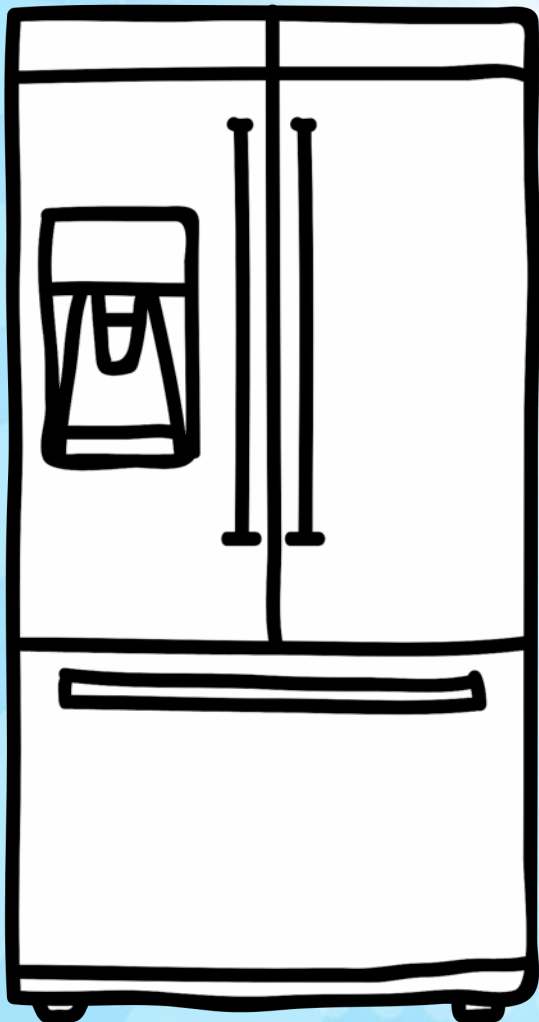


TIP #13

**FIX LEAKY FAUCETS AND
TOILETS TO CONSERVE
WATER.**



TIP #14



**CHOOSE
ENERGY-
EFFICIENT
APPLIANCES
WHEN
REPLACING
OLD ONES.**

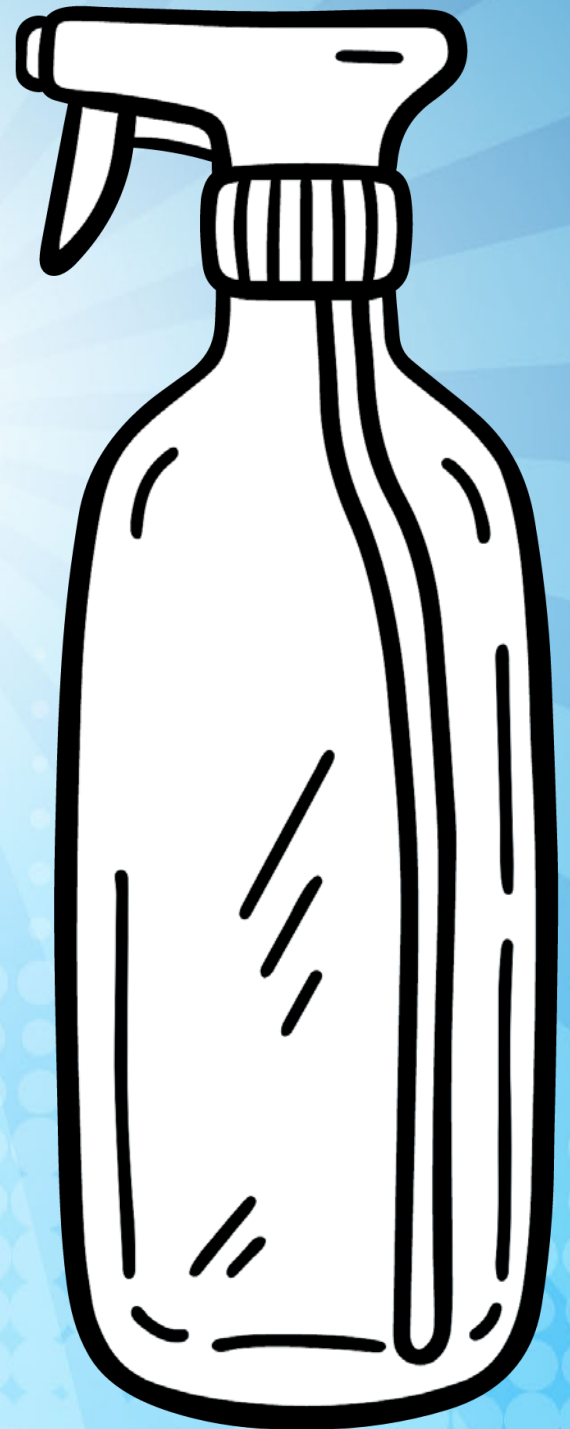
TIP #15

**PLANT TREES AND
NATIVE PLANTS IN
YOUR YARD
TO SUPPORT
LOCAL
WILDLIFE &
REDUCE
CARBON
DIOXIDE.**



TIP #16

**USE NATURAL
CLEANING
PRODUCTS TO
REDUCE
CHEMICAL
POLLUTION.**



TIP #17

A SAM-CERTIFIED TIP!

**CHOOSE ECO-FRIENDLY
PERSONAL CARE
PRODUCTS TO REDUCE
PLASTIC WASTE &
HARMFUL
CHEMICALS.**



TIP #18

**PRACTICE THE 3 RS:
REDUCE, REUSE, AND
RECYCLE.**

REDUCE

REUSE

Recycle

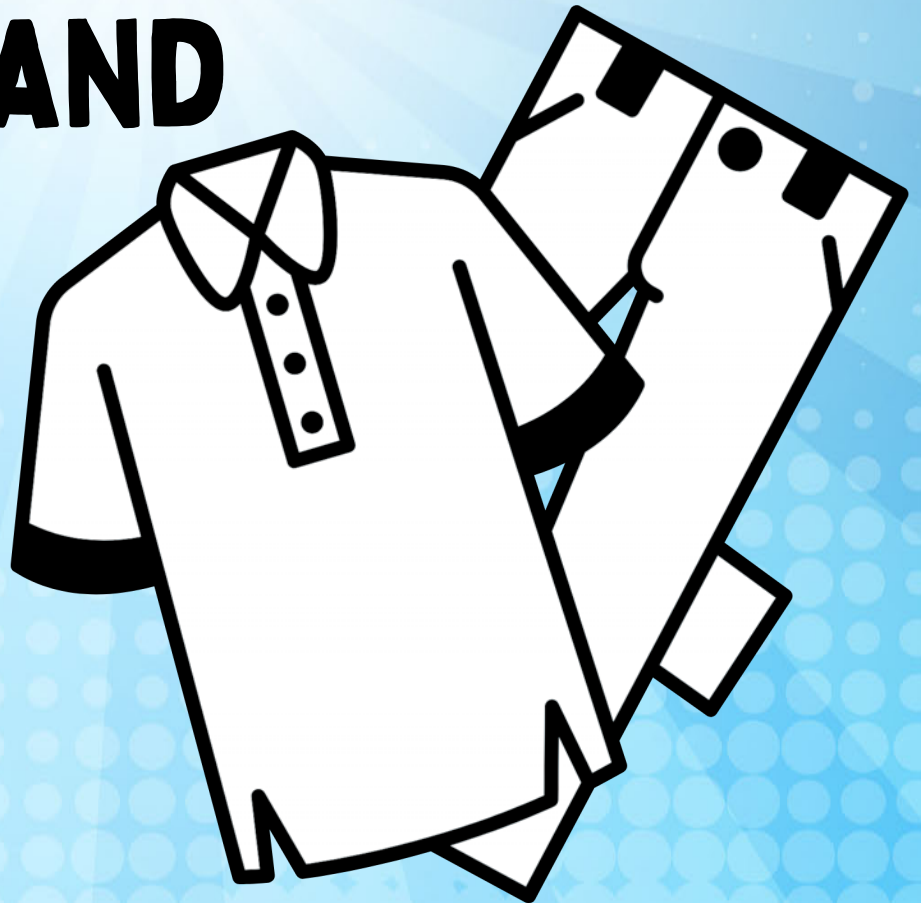
TIP #19

**SHARE AND BORROW
ITEMS WITH FRIENDS AND
NEIGHBORS INSTEAD OF
BUYING NEW.**



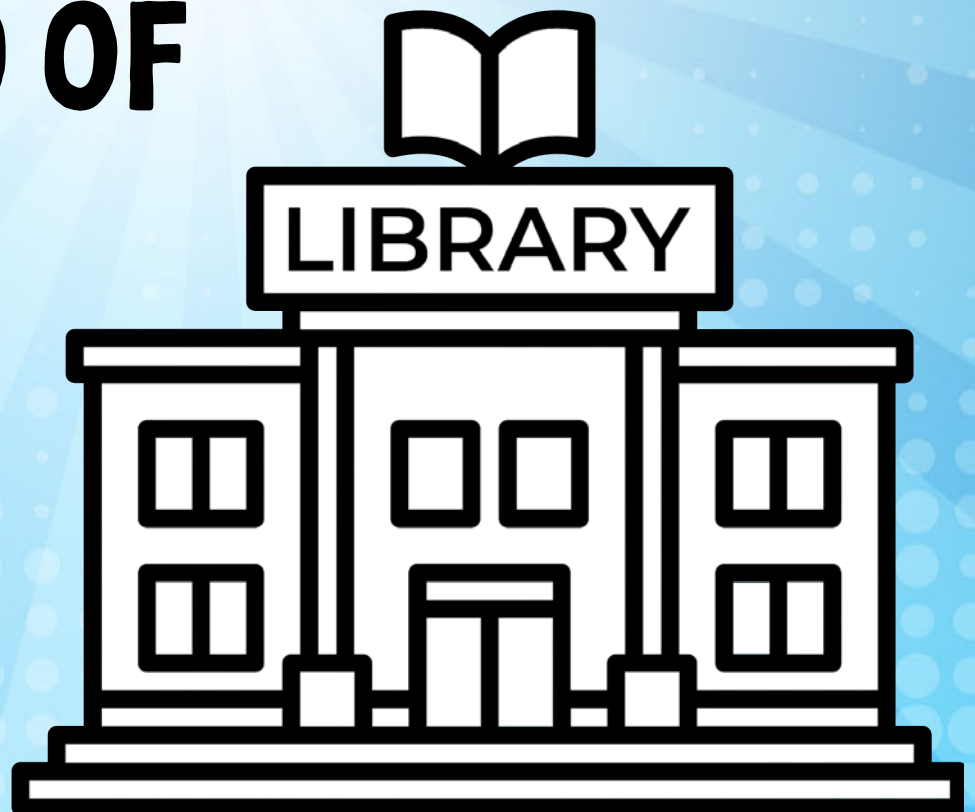
TIP #20

**DONATE GENTLY USED
ITEMS TO CHARITIES OR
SECONDHAND
STORES.**



TIP #21

**OPT FOR E-BOOKS OR
LIBRARY BOOKS
INSTEAD OF
BUYING
NEW
BOOKS.**



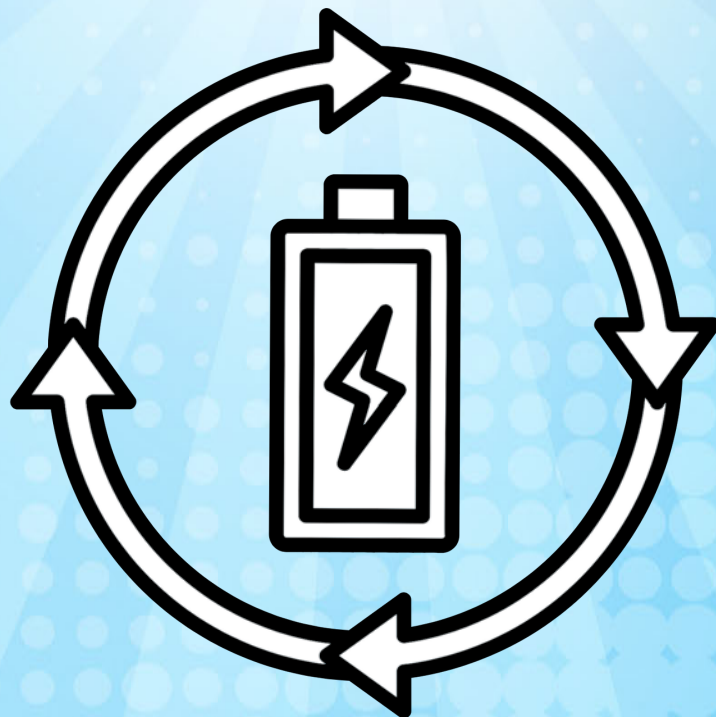
TIP #22

**USE CLOTH NAPKINS &
TOWELS INSTEAD OF
PAPER PRODUCTS.**



TIP #23

**CHOOSE RECHARGEABLE
BATTERIES INSTEAD OF
DISPOSABLE ONES.**



TIP #24

**REDUCE JUNK MAIL BY
OPTING OUT OF
CATALOGS AND SIGNING
UP FOR PAPERLESS
BILLING.**

**OPT OUT OF
PAPER!**

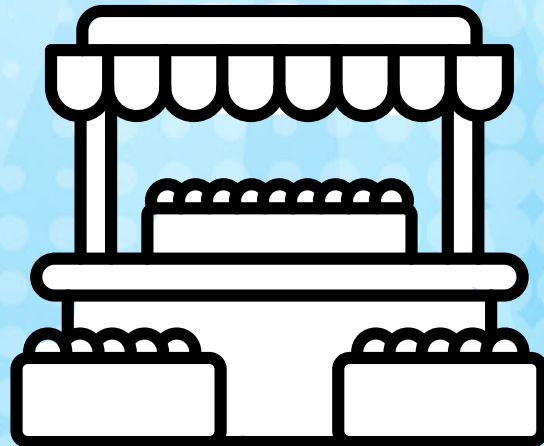
TIP #25

**USE A REUSABLE COFFEE
FILTER OR A FRENCH
PRESS INSTEAD OF
DISPOSABLE FILTERS.**



TIP #26

**SHOP AT LOCAL
FARMER'S MARKETS TO
SUPPORT LOCAL
AGRICULTURE AND
REDUCE FOOD MILES.**



TIP #21

**CHOOSE PRODUCTS WITH
MINIMAL PACKAGING TO
REDUCE WASTE.**



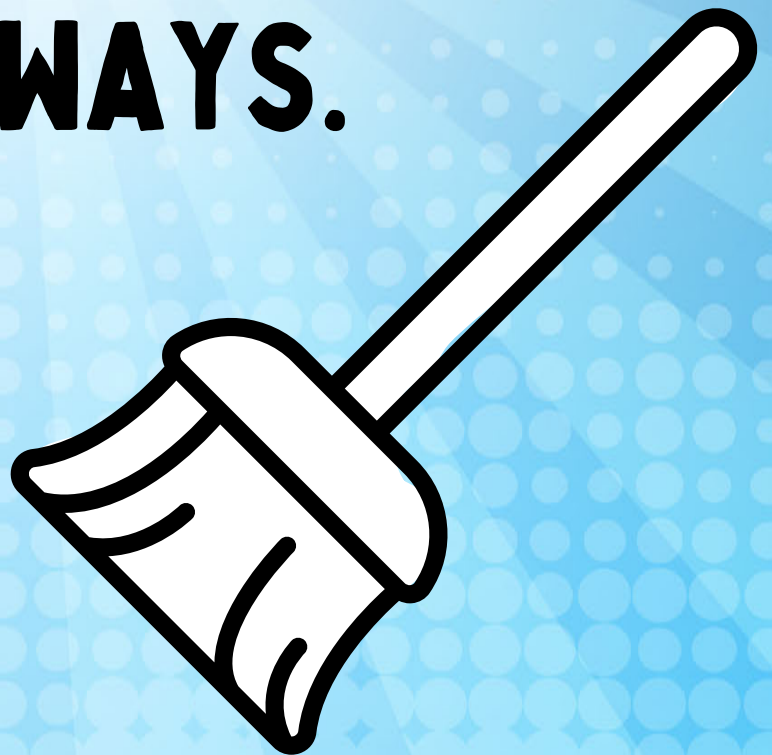
TIP #28

**SAVE AND REUSE
WRAPPING PAPER,
RIBBONS, AND GIFT BAGS.**



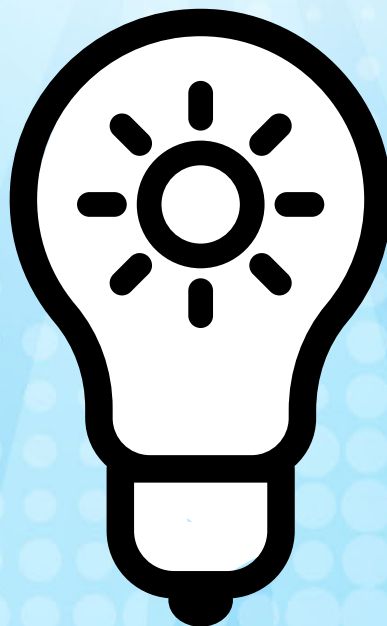
TIP #29

**USE A BROOM INSTEAD OF
A LEAF BLOWER TO CLEAN
SIDEWALKS AND
DRIVEWAYS.**



TIP #30

**USE SOLAR-POWERED
OUTDOOR LIGHTS FOR
WALKWAYS & GARDENS.**



TIP #31

**USE A REUSABLE
LUNCHBOX & UTENSILS
INSTEAD OF DISPOSABLE
ONES.**



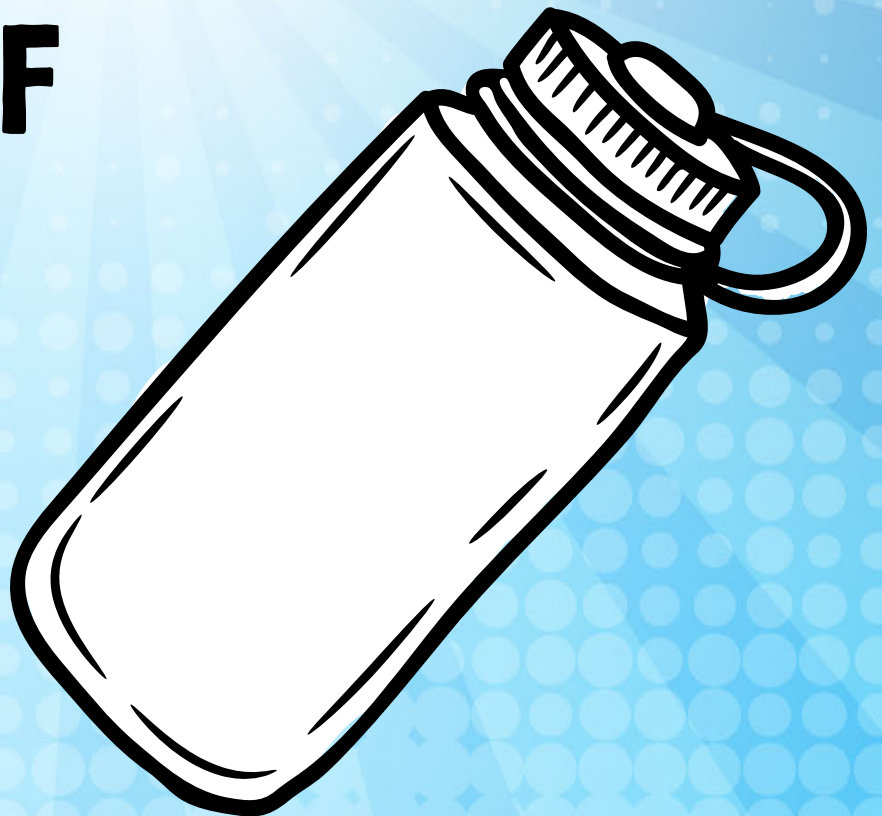
TIP #32

**USE REUSABLE BEESWAX
WRAPS INSTEAD OF
PLASTIC WRAP OR
ALUMINUM FOIL.**



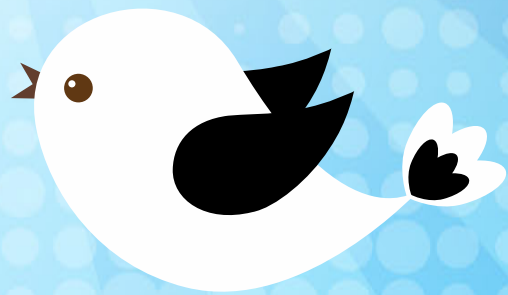
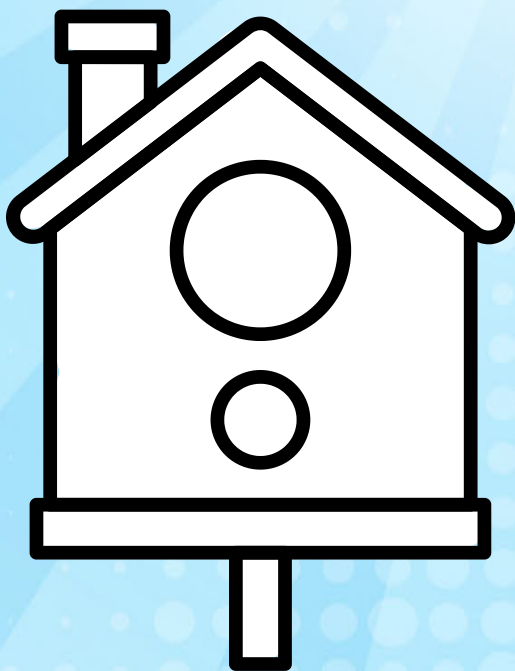
TIP #33

**USE A WATER FILTER &
REFILLABLE BOTTLE
INSTEAD OF
BUYING
BOTTLED
WATER.**



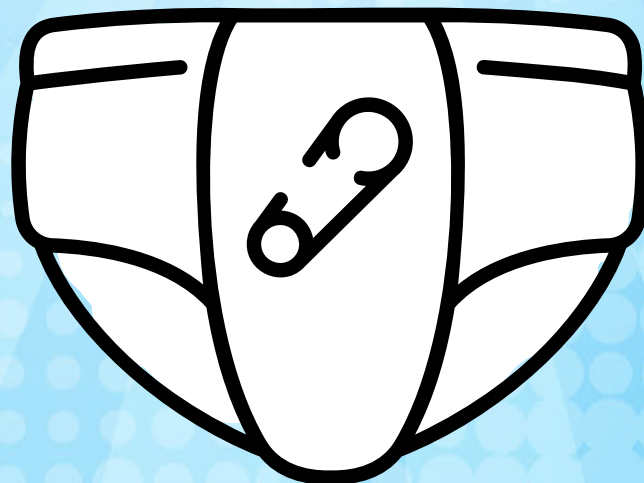
TIP #34

**SET UP A BIRD FEEDER OR
BIRDHOUSE TO SUPPORT
LOCAL BIRD POPULATIONS.**



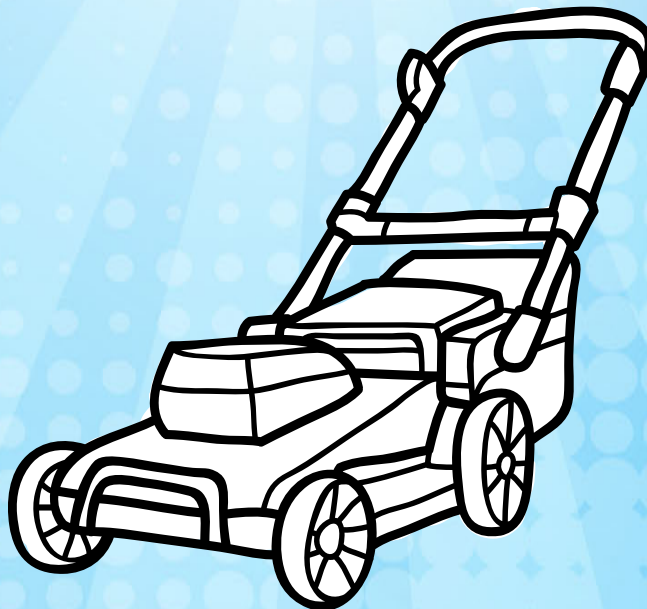
TIP #35


**USE CLOTH DIAPERS
OR ECO-FRIENDLY
DISPOSABLE DIAPERS
FOR BABIES.**



TIP #36

**USE A MULCHING MOWER
OR LEAVE GRASS
CLIPPINGS ON THE LAWN
TO FERTILIZE NATURALLY.**



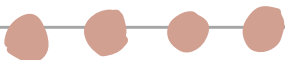



Sustainable Living Checklist



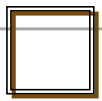
Use the checklist on the following pages to track your sustainable living practices at home and school!

Look for new ways every day to live more Earth-friendly!

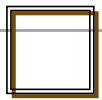




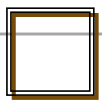
Sustainable Living Checklist



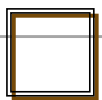
Turn off lights when not in use.



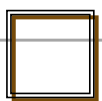
Unplug chargers when not in use.



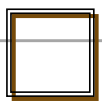
Use energy-efficient LED light bulbs.



Plant a garden or a small herb garden

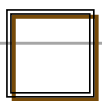


Recycle paper, plastic, glass, and metal.

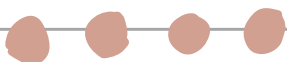


Compost food scraps

yes!



Use reusable bags, water bottles, and containers to reduce plastic waste.



Sustainable Living Checklist



llll

Collect rainwater in a barrel.

Unplug chargers when not in use.

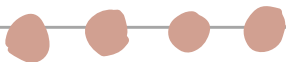
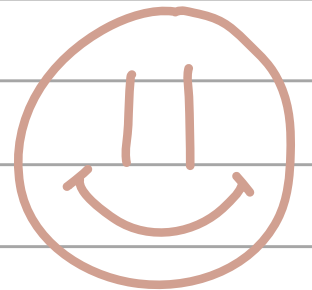
Use a programmable thermostat.


Wash clothes with cold water & line dry when possible.

Install a low-flow showerhead.


Fix leaky faucets & toilets.

Walk, bike, or use public transportation instead of driving

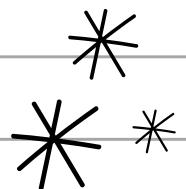
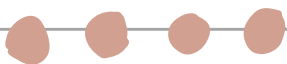





Sustainable Living Checklist

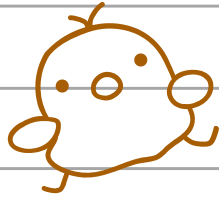


- Choose energy-efficient appliances.
- Plant trees and native plants in your yard.
- Use natural cleaning products
- Choose eco-friendly personal care products to reduce plastic waste. 
- Practice 3 Rs: Reduce, Reuse, & Recycle.
- Share and borrow items
- Donate gently used items to charities or secondhand stores.

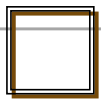




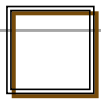
Sustainable Living Checklist



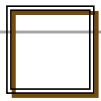
like



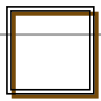
Opt for e-books or library books.



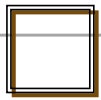
Use cloth napkins and towels instead of paper products.



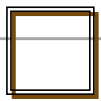
Choose rechargeable batteries.



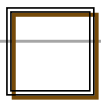
Reduce junk mail by opting out of catalogs & sign up for paperless billing.



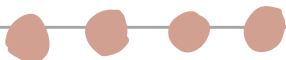
Shop at local farmers markets.

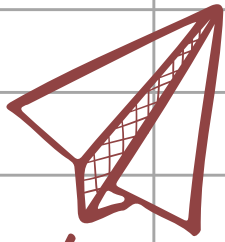


Choose products with minimal packaging.



Use a reusable coffee filter or a French press instead of disposable filters.

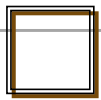




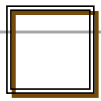
Sustainable Living Checklist



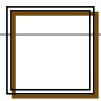
Reuse wrapping paper and gift bags.



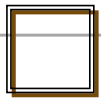
Use a broom instead of a leaf blower to clean sidewalks and driveways.



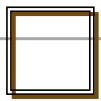
Use a reusable lunchbox and utensils.



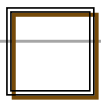
Use reusable beeswax wraps instead of plastic wrap or aluminum foil.



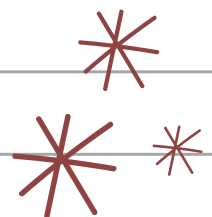
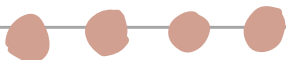
Use a water filter and refillable bottle.



Set up a bird feeder or birdhouse.



Use a microwave or toaster oven for small meals to save energy.





SUSTAINABILITY IS A CHOICE

Knowing that the products you use are sustainable and ethically sourced is vital for making responsible choices as a consumer.

By choosing eco-friendly and ethically produced goods, you contribute to a healthier environment, support fair labor practices, and promote the well-being of communities involved in the supply chain.

At The Great Coffee Project, we are deeply committed to these values. We take pride in our dedication to sourcing coffee beans from environmentally conscious farms and ensuring fair labor practices at every stage of production.

By choosing The Great Coffee Project, you are not only enjoying a delicious cup of coffee but also playing an active role in making our world a better place, one sustainable and ethical decision at a time.





LEARN MORE

Discover the intriguing story behind our coffee! Dive into our sustainability journey, from the eco-friendly cultivation and processing of our beans to our remarkable reforestation programs and innovative sustainable farming loans. Ignite your curiosity and join us in brewing a better world by visiting thegreatcoffeeproject.com.

Uncover the magic in every cup!



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