

Calculate your plastic footprint at google. repurpose. global	Plant flowers for the bees	Contact your city officials and advocate for coprocessing waste disposal	Donate books to your local school or library	Eat 30 Vegan meals this month
Swap 5 car drives for walking, biking, public transit or carpooling	Calculate your carbon footprint	Contact your state's elected representatives and advocate for green policy	Become a plant parent	Plant 1 food item (herbs count!)
Sign up for a CSA in your area or buy from a local farm	Make your own nut mylk or lentil sauce	Subscribe to the Impact Botanicals newsletter & remove an extra pound of plastic	Upcycle or repurpose an item you own	Eat 50 vegan meals this month
Buy nothing new: buying used is ok, but nothing brand new	Buy all produce straight this month- no plastic bags	Contact your senators and advocate for green policy	Do a plant journey meditation	Try making a meal from scraps from Lindsay Jean Hard
Read 3 articles from the Environmental Working Group Consumer guides	Look up the dirty dozen and clean fifteen	Google "greenwashing" and read 3 articles	Take a bag of clothes to Goodwill or fabric recycling	Swap 1 item in your home for an eco-friendly, reusable product

Submit your completed Bingo card via DM to Impact Botanicals or via email at [MayaDev@myimpactbotanicals.com](mailto:MayaDev@myimpactbotanicals.com). Must submit by May 3rd.

