

MILE HIGH MONDAYS

JOIN THE BLUE BEAR IN A QUEST TO BOOST
YOUR OWN SUSTAINABILITY PRACTICES!
HERE ARE SOME EASY WAYS TO GET STARTED:

USE LESS ENERGY

An easy first step? Replace your incandescent lightbulbs for LED versions, which, on average, use 75 percent less energy! Unplug appliances and electronics when you're not using them; even when they're turned off, they still draw power.

REDUCE, REUSE, RECYCLE

Reduce your consumption of single-use materials when you can, by buying used or purchasing reusable products. If you do have single-use materials, check if they can be washed and recycled.

GET GARDENING

Looking to do a little lawn improvement? Look for plants that are native to your area. They add color, increase local biodiversity and attract pollinators like butterflies and bees.

START COMPOSTING

Much of your household waste is likely compostable. Organic food matter, raked leaves and even your old Christmas tree can be composted. If you use compostable cups or biodegradable trash bags, they can go in your compost bin too.

DONATE

Spent quarantine cleaning out all your closets? Consider donating your unwanted treasures to your local thrift store instead of just tossing them. You'll reduce trash bound for landfills and support your community at the same time. It's a win-win!

DRIVE SMARTER

First, keep a steady speed – don't floor it or slam on your brakes. Second, keep your car clean and free of junk! The more it weighs, the more fuel it burns. Third, keep your A/C use to a minimum.

