



# E'S

A GUIDE TO A HEALTHIER  
PLANET & A HEALTHIER YOU!

BEACHES GO GREEN 2.0



HEALTHY PLANET  
HEALTHY YOU

## EXAMINE

### BECOME AWARE OF WHAT'S IN YOUR LIFE

- Read labels on food, beauty, clothing and cleaning products
  - Know where your products come from & what's in them!
  - Look into what's in plastics, packaging, and fragrances
  - Learn how your choices affect your body and the Earth
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## ELIMINATE

### DITCH WHAT'S TOXIC AND UNSUSTAINABLE

- Stop buying products that contain harmful ingredients or packaging
  - Avoid ultra-processed foods and fast fashion
  - Be aware of greenwashing and say NO to convenience culture
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## EMBRACE

### CHOOSE WHAT SUPPORTS LIFE — YOURS AND THE PLANET'S

- Go for reusable, refillable, and plant-based
  - Use safer, low-tox personal care and home items
  - Support sustainable brands and circular economy habits
  - Grow your own herbs, compost, swap and thrift
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## ELEVATE

### SPREAD THE MOVEMENT — RAISE OTHERS UP WITH YOU

- Educate your friends and community
  - Advocate for healthier, cleaner systems
  - Join BGG clubs, start one, or launch your own eco-health mission
  - Celebrate progress, not perfection
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