



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

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

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

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