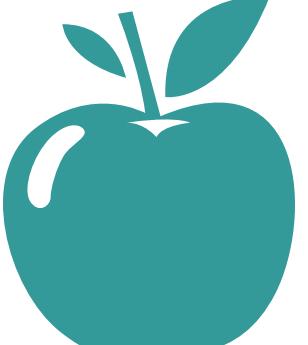


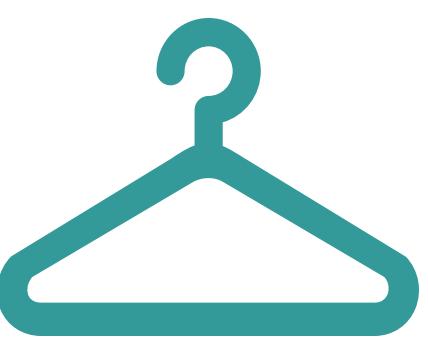
what can I do?

I will -

Use my own coffee mug 

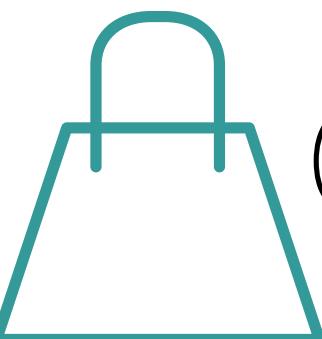
Exercise 2x per week 

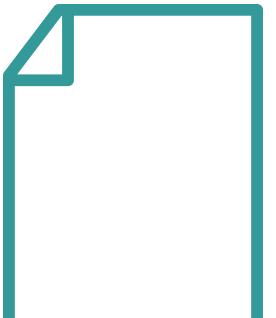
 Compost my food scraps

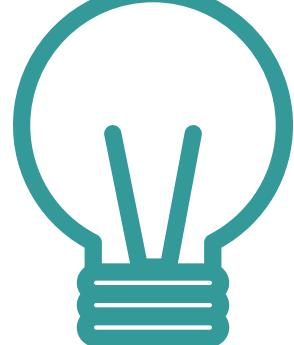
 Buy less clothes or go thrift shopping

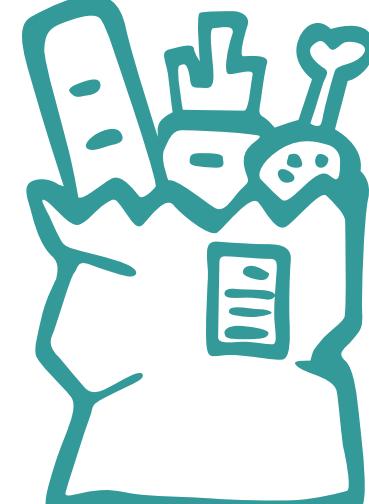
Visit one of Luther's natural areas 

 Take an environmental focused course

 Carry a re-usable bag

 Print double-sided

Turn lights off 

 Buy locally sourced food

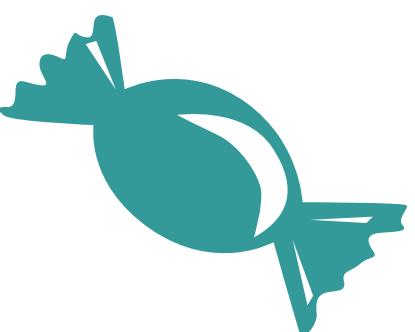
 Unplug appliances when not in use

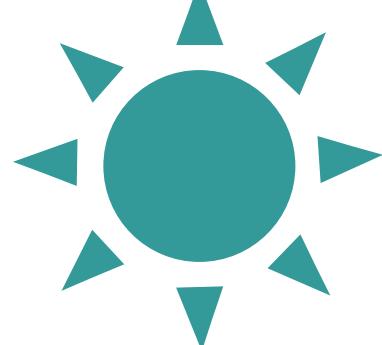
 Take quicker showers

Carpool 

 Explore the local Decorah community

 Take only as much food as I can eat

 Cut down on single use waste

Spend time outside 

 Visit a local farm