



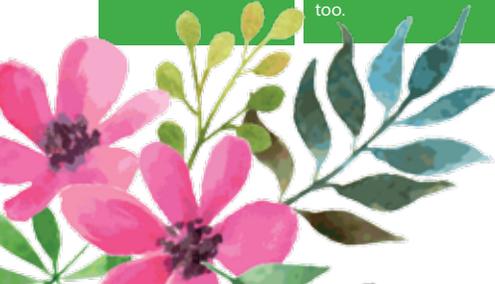
**Healthier Planet, Healthier You!**  
 Follow our calendar of  
 Daily Choices to treat yourself  
 and the environment well  
 during Earth Month.



# APRIL

2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>1</b> <i>April Fool's Day</i> Fool your family and hide extra veggies in your dinner tonight. Try this sneaky spaghetti: <a href="http://www.mommyskitchen.net/2012/02/sneaky-spaghetti-sauce.html">www.mommyskitchen.net/2012/02/sneaky-spaghetti-sauce.html</a>	<b>2</b> Use one less paper towel today when you clean.	<b>3</b> For a well balanced diet, eat three colors of the rainbow. (Yes, green tea counts!)
<b>4</b> Carpool or bike to work today.	<b>5</b> Lighten up on the caffeine! Trade your morning coffee for tea - we think our <a href="#">English Breakfast</a> and <a href="#">Earl Grey</a> teas are a great morning pick-me-up!	<b>6</b> Locate the recycling bin at your office. If there isn't one, request to have one installed!	<b>7</b> Take a 10 minute walk during lunch today, ideally somewhere with a green space.	<b>8</b> Shut the faucet off while you brush your teeth to conserve water.	<b>9</b> Ditch your window cleaner! Brew 3 strong black tea bags in 1 cup of water for an hour, let cool, and pour into a spray bottle. Spray on windows and wipe!	<b>10</b> Replace paper napkins at dinner with reusable cloth napkins.
<b>11</b> Trade a sugary beverage for a cup our <a href="#">Blackberry Hibiscus</a> .	<b>12</b> Start an indoor herb garden in a well-lit window.	<b>13</b> Pick up a piece of stray trash and dispose of it properly. Recycle or compost, if you can!	<b>14</b> Add a super food like goji berries or pumpkin seeds to your salad today.	<b>15</b> Take 10 minutes for yourself today to do something relaxing: read a book with tea, do yoga, or take a tech-free walk.	<b>16</b> Pour the contents of a used tea bag in your compost or garden to add extra nutrients.	<b>17</b> Power down electronics an hour before bed.
<b>18</b> <i>Tax Day</i> Take 10 clarifying deep breaths and sip on our soothing <a href="#">Peppermint tea</a> while you file your taxes.	<b>19</b> Walk barefoot in some grass!	<b>20</b> De-clutter your home and donate clothes, electronics, and kitchenware that you no longer use to your favorite thrift store.	<b>21</b> Go meat-free today.	<b>22</b> <i>Earth Day</i> Calculate your carbon footprint here: <a href="http://www.nature.org/greenliving/carboncalculator/">www.nature.org/greenliving/carboncalculator/</a>	<b>23</b> Create a deeper appreciation for nature and watch a bug work.	<b>24</b> Eat local today! Challenge yourself to find food produced within 200 miles of your home.
<b>25</b> Visit a local park.	<b>26</b> Add some lavender blossoms to your bath to help unwind and relax before bedtime. A cup of our <a href="#">Lemon Lavender Mint</a> is nice, too.	<b>27</b> Go technology-free for at least half an hour today.	<b>28</b> Organize your refrigerator and put your fresh produce in front to prioritize using it first and help eliminate food waste.	<b>29</b> Challenge yourself to take a 5 minute shower today to conserve water.	<b>30</b> Hug a tree!	



Will you make these Daily Choices with us for Earth Month?  
 Share your experiences and tag **#DailyChoices** to connect with us on social media!