TIPS FOR A SUSTAINABLE SUMMER

SUNSCREEN
Protect your skin and the environment by choosing a green sunscreen; avoid nanoparticles and look for a mineral-based product. Visit ewg.org/sunscreen for a 2020 guide to sunscreens.

GRILLING
Propane burns much cleaner than either wood or charcoal briquettes. If you can't resist charcoal, try a natural product like Cowboy Charcoal.

PLANT-BASED EATING
Summertime is the perfect time to try out a vegetarian or vegan diet. Lighter eating will up your energy, lower your Carbon footprint, and help you stay cool in the hot weather.

FOR MORE INFO, VISIT: sustainability.upenn.edu