

Choose well to live well!

LIVE GREENER!



Part of living a healthy life is making sure that our environment is healthy too!
You can make many choices that make the world a healthier place for you,
your family, and your community.



Recycle

The 3 R's – Reducing, Reusing and Recycling all help to cut down the waste we throw away every day. Our planet Earth really needs your help!



Save Water

Water is precious! Save water by turning off the tap while you brush your teeth or wash your hands.

Turn off lights when you are not using them.



Save Electricity

Reuse things like plastic containers/tubs instead of throwing them away. It's also easy and fun to make new things out of old things.



Reuse



Don't Litter

Litter is waste that ends up on the ground or in rivers and oceans. Litter can harm animals and people. Always throw waste away in a rubbish bin.

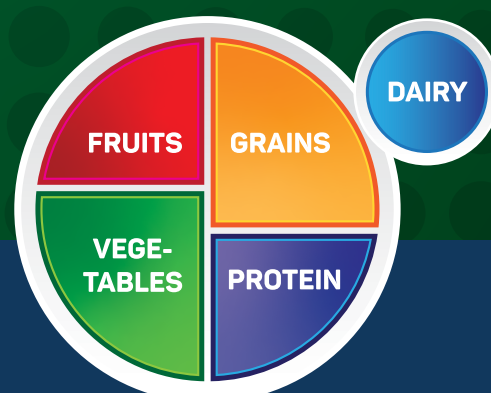


Plant Trees

Trees give us food and provide shelter for animals. Trees also make oxygen for living creatures to breathe.



EXCLUSIVE TO **Pick n Pay**



PLAN YOUR PLATE

Pick n Pay 
School Club