



# Green Seed of the Week

**A weekly sustainability tip for our Q300 Community**

**Switch to reusable bottles for water, coffee, or other beverages.**

Reusable water bottles are not only better for the environment, they can also keep cold beverages cold and hot beverages warm for hours, which keeps you hydrated and happier all through the day.

Single use plastic bottles never go away. They break down into microscopic particles known as micro-plastics, that contaminate our environment, pollute our food and water sources and even decrease fertility rates. Production of plastic is also a significant contributor to climate change.

Reduction Meter- This week's tip benefits our planet and ourselves by reducing:



Waste



Fossil Fuel Usage



Industrial Processing



Transport Pollution

Brought to you by your fellow Q300 parents.