

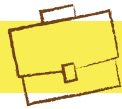
Your Papertarian Checklist

Buy Papertarian



- Choose foods and drinks packaged in paper: paper egg cartons, boxed or bagged dry goods, and beverages in paper cartons
- Choose personal care products packaged in paper: deodorant, cosmetics, first-aid items, soaps and detergents
- Opt for paper bags at checkout

Work Papertarian



- Print emails and other key documents to **lessen digital fatigue**
- Take notes on paper
- Use paper for **planning** to help with retention: calendars, to-do lists, etc.

Live Papertarian



- Have paper food containers on hand for leftovers when entertaining
- Purchase (or make!) **paper-based decor**
- Keep paper copies of important documents on file **in case of emergency**
- Play paper-based family games
- Choose paper-based gifts
- Send **thank-you notes** and **birthday cards**

Recycle Papertarian



- Empty, flatten, and recycle all paper packaging
- Print your local recycling guidelines and post them near your bins
- Ask your recycling center to update its guidelines to include pizza boxes

**GO
PAPERTARIAN!**