

# 9 WAYS YOU CAN RESTORE NATURE



1 Take time to reconnect with nature regularly



2 Create wild spaces in your garden or community



3 Grow your own food & reduce your food waste



4 Eat mainly local, organic, plant-based wholefoods



5 Stop using chemicals in your home & garden



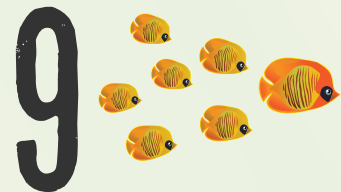
6 Strive for less stuff & more experiences



7 Buy from companies with ethical supply chains



8 Give time, skills or money to conservation charities



9 Lead by example to inspire others too

#LessPlastic #MoreNature



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