






# BREAKROOM BUZZ

April 2024

## I Didn't Know That!

April 22 marks the anniversary of the birth of the modern environmental movement in 1970 called "Earth Day." Rachel Carson's New York Times bestseller *Silent Spring* in 1962 raised public awareness and concern for living organisms, the environment, and the inseparable links between pollution and public health. The use of plastic waste is impacting our oceans, lakes, and rivers and piling up on land.

Here are a few tips to decrease plastic use:

-  • Use cloth bags if you go shopping.
-  • Replace plastic storage containers and utensils with glass or steel containers.
-  • Use paper straws instead of plastic.
-  • Buy food in bulk and fewer packaged products.
-  • Recycle your waste in proper recycling containers.



- Reuse plastic items; if you have no choice but to buy plastic, use the items more than once.



- Read labels and avoid items that use micro-plastics, such as cosmetics.



- Buy a biodegradable brush and wear natural fabrics.



- Use a reusable water bottle.



## Four Quick Tips to Reduce Food Waste

April is food waste prevention month! Check out these four ways to reduce food waste starting this month!

1. Sell-by, best-by, and use-by dates on products are not food safety dates. When going through the pantry, do not throw out food based on the dates on the box. These dates tell you that eating the product past that date may not be as tasty, not unsafe. Download the USDA FoodKeeper app for quick reference on safety.
2. Save the vegetable peels and scraps for a homemade vegetable stock.
3. Cook once, eat through the week. Roasted chicken on Monday? Use the leftovers for chicken salad, fajitas, or chicken tortilla soup! Freeze extra soup for a quick meal on busy days.
4. Store food for best quality. Most fruit should go in the low-humidity crisper drawer. Most vegetables, including leafy greens, should go in the high-humidity crisper drawer.

## Where's My Money Going? Tips for Stretching Your Dollar

- Check your bills carefully. Review bank and credit card statements for subscriptions or services you do not want now. Cancel and save.
- Track expenses. Use a phone app or paper and pencil to understand where your money is going and where you can redirect your dollars.

Read more at [go.illinois.edu/planwellretirewell](https://go.illinois.edu/planwellretirewell)



**Celebrate national walking day**

April 3 by walking for 10 extra minutes! 2,000 steps are equal to an estimated one mile.

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