

Spend With Heart Guide

The Sustainable Summer Swap Guide

Discover small, **everyday swaps** for a lower waste, planet-friendly summer, making conscious choices that benefit both you and the environment.



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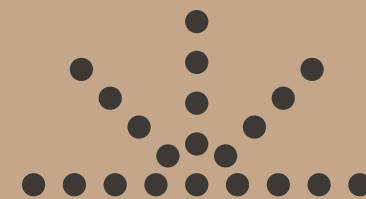


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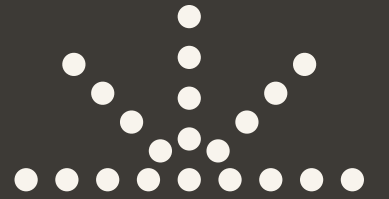


One Small Swap

Sustainability isn't all or nothing; it's about making **small, manageable swaps** that accumulate over the season. Start with items you already have at home, as the greenest choice often lies within your reach. Understanding product labels is essential—progress over perfection can lead to lasting change.



Swaps Around Home



Bottled Water

Instead of buying bottled water, use a **filter pitcher** and a reusable bottle for a sustainable hydration solution.

Plastic Wrap

Replace plastic wrap and sandwich bags with **beeswax wraps** and silicone bags to keep your food fresh and eco-friendly.

Air Conditioning

Instead of running the AC all day, use **fans** and close blinds during the day for a cooler home.

Paper Towels

Swap paper towels for **washable cotton cloths** to reduce waste while maintaining cleanliness in your home.

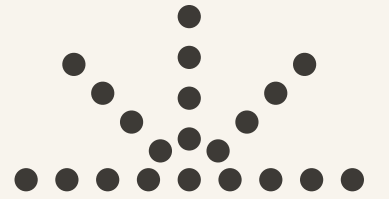
Imported Produce

Choose **local seasonal** produce from farmers' markets instead of goods shipped from far away to support sustainability.

Tumble Dryer

Skip the dryer and line-dry laundry in the summer sun — free, and gentler on your clothes.

Swaps Out in the World



Picnic Ware

Instead of disposable plates and cutlery, choose reusable or compostable picnic ware for an eco-friendly outdoor dining experience.

Reef Safe

Opt for reef safe mineral SPF sunscreen instead of conventional options to protect marine life while enjoying the sun.

Party Decor

Replace single-use party decor with fabric foliage and reusable decorations to minimize waste during celebrations and gatherings.

Grocery Bags

Switch from plastic grocery and produce bags to reusable totes and mesh bags for sustainable shopping practices and less waste.

Summer Gear

Instead of buying brand new summer gear every year, consider secondhand items, borrowing, or investing in durable pieces that last.

Coffee on the Go

Bring a reusable tumbler instead of grabbing single-use cups while you're out.

Start with one, and let it stick



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at spendwithheart.com



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