



EAT
VEGETARIAN
MORE
OFTEN

USE A
REUSABLE
CONTAINER

SIGN UP
FOR
I AM
THAT GIRL

GET
INVOLVED
IN TEAM
SPORTS

JOIN A
CHOIR

EAT FAIR
TRADE
CHOCOLATE

YOUR
MONEY IS
YOUR VOTE

EAT LESS
FAST FOOD

GET SMART
ABOUT
ADVERTISING

GET
EDUCATED
ON WOMEN'S
RIGHTS

BECOME
AN ALLY
IN THE
BLACK
RIGHTS
MOVEMENTS

GIVE UP
GOSSIPING