



How to Make Picking Up Litter Part of Your Day

Want to make a difference for your community and the environment? Picking up litter is an easy way to help, and it's simple to fit into your daily routine! Here are some fun and practical ideas:

Bring a Bag Along

Toss a small reusable bag or pouch into your backpack or pocket so you're always ready to pick up litter while walking your dog, heading to work, or going for a jog.

Turn Walks and Runs into “Plogging”

Add a twist to your strolls or jogs by trying “plogging”—that’s picking up litter while you run or walk. It’s good for the planet *and* gives you an extra workout boost!

Help Keep Public Spaces Beautiful

Next time you're at a park, beach, or trail, make it a habit to pick up any litter you spot. You'll leave the space better than you found it!

Be a Role Model at Work or School

Take a moment during your break or lunchtime to tidy up around your workplace or school. It's a small action that can inspire others to join in and keep shared spaces clean.

A little effort every day adds up to a big impact—every piece counts towards our goal of picking up **25 billion pieces** of litter in time for America's 250th birthday. **Use the QR code to share how much litter you've picked up!**

