

Summer is a season of adventure, sunshine, and connection with nature, making it the perfect time to align our actions with our values of compassion and sustainability. Whether you're traveling, exploring the outdoors, or simply enjoying a slower pace, there are so many ways to keep your lifestyle cruelty-free all season long.

**Ethical Summer Fashion:** Stay cool and conscious with lightweight, animal-free clothing and accessories. Look for brands that prioritize sustainable materials like organic cotton, hemp, or bamboo. Skip the leather sandals and opt for cruelty-free alternatives that are just as stylish and breathable. NJ Veg has a doc with some sustainable beauty finds, including clothes and beauty products.

**Outdoor Fun with Purpose:** Summer offers a great opportunity to reconnect with nature. Go hiking, visit wildlife sanctuaries, or join a local clean-up to give back to the planet. Spending time outdoors not only nurtures your own well-being but reminds us why protecting all life is so important. Participate in beach clean ups or other sustainable events!

**Mindful Travel:** If you're hitting the road or planning a getaway, seek out eco-conscious lodging, support local vegan-friendly businesses, and pack reusable essentials like water bottles and utensils to reduce waste. Also, make sure to pack reusable bags and containers in order to avoid excess plastic use.

Let this summer be a celebration of kindness, to animals, the Earth, and ourselves.

This is my last newsletter of my freshman year, and it has been an honor to intern at NJ Veg. I've learned a lot as a student, an environmentalist, and as a writer. I hope to return next year and it's been a pleasure!!