

USE LESS ELECTRICITY

SAVE \$

- 1 TURN OFF LIGHTS/TV/etc. WHEN NOT NEEDED
- 2 TRANSITION TO INTERIOR AND EXTERIOR LED LIGHTING
- 3 PUT UP A CLOTHESLINE AND USE IT TO DRY CLOTHES - **DRYERS USE A LOT OF ELECTRICITY**
- 4 SET OR PROGRAM FOR A HIGHER TEMPERATURE SETTING FOR YOUR COOLING SYSTEM
- 5 CLOSE REFRIGERATOR DOORS QUICKLY
- 6 PUT COMPUTERS IN "SLEEP MODE" WHEN NOT IN USE
- 7 UNPLUG/POWER OFF THE BIG ENERGY VAMPIRES (TV MODEM, TV, DVR, SPEAKER SYSTEM, GAME CONSOLE)
- 8 REDUCE ELECTRICITY USE DURING PEAK HOURS (4-9 PM)

USE LESS NATURAL GAS

SAVE \$

- 9 TURN DOWN THE WATER HEATER TEMPERATURE
- 10 USE COLD WATER INSTEAD OF WARM/HOT WATER WHEN PRACTICAL (E.G., LAUNDRY, SINK TAPS)
- 11 TURN DOWN THE HOUSE HEATER - WEAR WARMER CLOTHING
- 12 TURN OFF WATER HEATER AND TURN DOWN HOUSE HEATER WHEN TRAVELLING
- 13 CLOSE HEATER VENTS IN UNOCCUPIED ROOMS
- 14 INSULATE WATER HEATER AND HOT WATER PIPING

USE LESS GASOLINE

SAVE \$

- 15 CONSOLIDATE ERRAND TRIPS TO REDUCE VEHICULAR TRAVEL
- 16 CAR POOL or USE PUBLIC TRANSPORTATION AT LEAST ONCE A WEEK
- 17 WALK or RIDE A BICYCLE TO COMMUTE OR DO ERRANDS AT LEAST ONCE A WEEK
- 18 DRIVE IN A MANNER THAT INCREASES FUEL EFFICIENCY AND KEEP TIRES PROPERLY INFLATED
- 19 TURN OFF MOTORS - DO NOT LET YOUR ENGINE IDLE FOR A LONG PERIOD

CONSUME MUCH LESS PLASTIC

- 20 COLLECT AND ANALYZE PLASTIC WASTE AT THE END OF THE WEEK & IDENTIFY OPPORTUNITIES TO REDUCE YOUR PLASTIC CONSUMPTION
- 21 BRING YOUR OWN (BYO) REUSABLE WATER BOTTLES, CUPS, STRAWS, NAPKINS, UTENSILS & FOOD STORAGE CONTAINERS
- 22 USE REUSABLE COTTON (PREFERRED) OR NYLON VEGGIE BAGS AT THE GROCERY STORE
- 23 BUY CLOTHING MADE FROM NATURAL FIBERS (COTTON, WOOL, HEMP, ETC.) CONSIDER ORGANIC
- 24 FIND ALTERNATIVE METHODS TO WRAP/COVER FOOD - AVOID PLASTIC WRAP
- 25 TRANSITION TO GLASS FOOD STORAGE CONTAINERS INSTEAD OF PLASTIC
- 26 BUY FOOD IN BULK AND/OR GLASS, METAL OR PAPER PACKAGING WHEN POSSIBLE
- 27 MAKE YOUR OWN FOOD AND ELIMINATE PLASTIC CONTAINERS (E.G., YOGURT, BREAD)
- 28 HOST PLASTIC FREE PARTIES AND GATHERINGS
- 29 PUT TOGETHER AND CARRY A "NO PLASTIC SURVIVAL BAG"
- 30 USE BPI CERTIFIED COMPOSTABLES AS A BETTER ALTERNATIVE TO SINGLE USE PLASTIC

78 PRACTICAL ACTIONS YOU CAN DO TO LIVE IN AN EARTH-FRIENDLY HOUSEHOLD

USE LESS WATER

SAVE \$

- 31 TAKE SHORTER SHOWERS WITH A LOW-FLOW SHOWER HEAD
- 32 IF BATHING, TAKE SHALLOWER BATHS AND USE THE GREYWATER FOR PLANTS*
- 33 DO LAUNDRY AND DISHES IN FULL LOADS - **ALSO SAVES ELECTRICITY**
- 34 WASH CLOTHING, TOWELS, LINENS, ETC. ONLY WHEN NECESSARY
- 35 TURN OFF THE WATER TAP AS SOON AS POSSIBLE - INSTALL AERATORS
- 36 TURN OFF IRRIGATION SYSTEMS AT APPROPRIATE TIMES (RAINY SEASON)
- 37 WASH CARS LESS OFTEN WITH A LOW-FLOW, SHUT-OFF NOZZLE
- 38 AVOID USING A GARBAGE DISPOSAL
- 39 PERIODICALLY CHECK FOR WATER LEAKS BY OBSERVING YOUR WATER METER
- 40 PLANT DROUGHT TOLERANT PLANTS / CONSIDER NATIVE PLANTS
- 41 USE A TUB IN YOUR KITCHEN RINSE SINK AND USE THE GREYWATER FOR PLANTS ***YOU NEED TO FIRST LEARN HOW TO USE GREYWATER IN A SAFE MANNER**

REDUCE FOOD WASTE

SAVE \$

- 42 AVOID PURCHASING TOO MUCH OF PERISHABLE FOOD TO AVOID SPOILAGE
- 43 PREPARE REASONABLE AMOUNTS OF FOOD FOR MEALS/EVENTS
- 44 PRACTICE CREATIVE COOKING: PLAN & STORE COOKED FOOD FOR USE IN FUTURE MEALS
- 45 REPURPOSE SCRAPS (HOME COMPOST, ANIMAL FOOD, USE SEEDS TO GROW)
- 46 TAKE HOME LEFTOVERS FROM EATING OUT AND USE IN LATER MEALS
- 47 DONATE EXCESS NON-PERISHABLE FOOD TO A LOCAL FOOD BANK OR CHARITY
- 48 TAKE EXCESS FOOD WASTE TO THE YELLOW BINS IF THEY ARE AVAILABLE TO THE PUBLIC IN YOUR COMMUNITY **(DO NOT PUT FOOD WASTE IN THE YARD WASTE CAN)**

MINDFULLY RECYCLE AND PROPERLY DISPOSE OF YARD WASTE

- 49 INSTALL THE "WHAT GOES WHERE" APP ON YOUR PHONE AND USE IT
- 50 ONLY PUT THE PROPER ITEMS IN THE RECYCLE BIN - EDUCATE YOURSELF "IF IN DOUBT, THROW IT OUT"
- 51 "BALL UP" CLEAN ALUMINUM FOIL AND RECYCLE
- 52 RECYCLE "STRETCHY" THIN FILM PLASTIC AT DROP-OFF POINTS
- 53 RECYCLE BATTERIES, CFL LIGHT BULBS, AND HAZARDOUS MATERIALS AS SPECIFIED BY YOUR WASTE COMPANY
- 54 ONLY PUT THE PROPER ITEMS IN THE YARD WASTE BIN - EDUCATE YOURSELF [DO NOT PUT CONTAMINANTS OR FOOD WASTE IN THE YARD WASTE BIN]
- 55 PLACE BPI CERTIFIED COMPOSTABLE OR BIO-BASED PLASTICS IN COMMERCIAL COMPOST OR LANDFILL BINS - **NOT RECYCLE BINS**

REDUCE CONSUMPTION OF NEW ITEMS

SAVE \$

- 56 BUY IN BULK or LARGER CONTAINERS TO REDUCE PACKAGING
- 57 BUY DURABLE, FUNCTIONAL CLOTHING AND REPAIR/MEND AS NEEDED CONSIDER SECOND-HAND STORES
- 58 WHEN POSSIBLE, USE CLOTH INSTEAD OF PAPER TOWELS & NAPKINS [REUSE PAPER PRODUCTS AS MUCH AS POSSIBLE]
- 59 BUY FEWER NEW ITEMS - BUY USED, LEARN TO REPAIR AND MAKE THINGS **"PAUSE BEFORE PURCHASING"**
- 60 DONATE CLOTHING AND HOUSEHOLD GOODS TO SECOND HAND STORES OR CHARITIES

GROW SOME FOOD & IMPROVE THE SOIL

- 61 HAVE A SMALL GARDEN TO GROW FOOD, EVEN IF IT IS JUST **ONE PLANT**
- 62 PRACTICE ORGANIC GARDENING - USE NATURAL OR SAFE (OMRI LISTED) PEST CONTROL
- 63 USE YOUR COMPOST AND/OR ORGANIC FERTILIZERS IN YOUR GARDEN
- 64 SHARE OR TRADE YOUR EXCESS FOOD AND COMPOST WITH OTHERS
- 65 HAVE A COMPOST BIN - CONSIDER VERMICULTURE (WORM) COMPOSTING
- 66 PLANT AND NURTURE A TREE - MAYBE A FRUIT TREE

MAKE A POSITIVE DIFFERENCE BEYOND MY HOUSEHOLD

- 67 SHOP AT THE FARMERS' MARKETS
- 68 SUPPORT ORGANIC, LOCAL, AND SUSTAINABLE BUSINESSES AND PRODUCTS
- 69 FIND AND USE ENVIRONMENTALLY-FRIENDLY BODY AND HOUSEHOLD CLEANING PRODUCTS - EDUCATE YOURSELF TO AVOID HARMFUL CHEMICALS
- 70 TRANSITION TOWARDS LESS MEAT AND A MORE PLANT-BASED DIET
- 71 BUY LOCALLY PRODUCED FOOD TO AVOID AIR TRANSPORTATION ENERGY USE
- 72 ELIMINATE OR REDUCE RED MEAT CONSUMPTION
- 73 MAKE A DECISION TO AVOID CERTAIN FOOD PRODUCTS (MAYBE POST A LIST) BECAUSE YOU HAVE DECIDED THAT THE PRODUCTION HARMS THE EARTH
- 74 JOIN OR FORM A SMALL SUPPORT GROUP TO PRACTICE SUSTAINABLE LIVING (E.G., EARTH FRIENDLY HOUSEHOLDS, ZERO WASTE, ETC.)
- 75 PROVIDE FEEDBACK TO LOCAL VENDORS ABOUT SUSTAINABLE PRACTICES
- 76 PICK UP LITTER AND RECYCLABLES IN YOUR COMMUNITY
- 77 CLEAN UP PARKS AND BEACHES AND/OR SUPPORT COMMUNITY GARDENINGS
- 78 ADVOCATE LOCAL, STATE, AND NATIONAL SUSTAINABLE LEGISLATION BY CORRESPONDENCE AND/OR ATTENDING MEETINGS, CITY COUNCIL MEETINGS, AND OTHER CIVIC GATHERINGS

NUMBER OF BOXES CHECKED

NAME _____

EMAIL _____

