



# EARTH FRIENDLY HOUSEHOLDS

## USE LESS CONSERVE MORE

### USE LESS ENERGY

Reduce electricity usage  
Reduce natural gas usage  
Reduce gasoline usage  
Reduce water usage

### USE LESS PLASTIC

Refuse to buy products with excessive packaging  
Bring your own produce bags and take out containers  
Buy bulk in your container

### WASTE LESS FOOD

Put food scraps in yard bin  
Grow some food and compost  
Have leftovers

## MAKE A POSITIVE DIFFERENCE


Check out our checklist. Check off the items you already do. Highlight your next "to-do's". Count up your successes and see how much difference you can make.

Tell your neighbors and friends. Start a trend and see how many Earth Friendly Households you can inspire!



**COMMUNITIES FOR SUSTAINABLE  
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### OUR VISION

*"COMMIT TO AN  
EARTH FRIENDLY  
HOUSEHOLD"*

# Earth Friendly Households Checklist 76 ways your household can help the Earth plus a few more!

## USE LESS ELECTRICITY

1. Turn off lights/TV/etc. when not in use.
2. Change at least 50% of interior and exterior lights to LED.
3. Use a clothesline to dry clothes. Dryers use a lot of energy.
4. Set thermostat at a higher temperature for cooling.
5. Use hair dryer and vacuum the minimum time necessary.
6. Put your computer in "sleep mode" when not in use. Turn down monitor brightness.
7. Reduce electricity usage during peak hours (4-9 pm), esp. for electric clothes dryer, vacuum, car/bicycle charging.

## USE LESS NATURAL GAS

8. Turn down water heater temperature.
9. Use cold water instead of warm water for laundry etc.
10. Set thermostat at a lower temperature. Wear a sweater.
11. When traveling, turn off water heater and home heater settings.
12. Clean dryer lint trap after every load. Periodically check the air flow through duct and outside air vent.
13. Change your HVAC air filter every 3 months or as recommended.

## USE LESS GASOLINE

14. Consolidate errand trips to reduce vehicular travel.
15. Carpool or use public transportation at least once a week.
16. Walk or ride a bicycle to commute or run errands at least once a week.
17. Drive in a manner that increases fuel efficiency and keep tires properly inflated.
18. Do not let engines idle for long periods.

## USE LESS PLASTIC

19. Collect and analyze plastic waste at the end of each week and identify opportunities to reduce your plastic consumption.
20. Bring reusable shopping bags to stores and farmers' markets – not just to grocery stores.
21. Bring your own reusable cotton or nylon produce bags to the grocery store and farmers' markets.
22. Wash and reuse plastic bags.
23. Bring your own reusable water bottles, cups, straws, napkins, utensils, and food storage containers.
24. Buy clothing made from natural fibers (cotton, silk, wool, hemp, etc.) Consider organic.
25. Find alternative methods to wrap/cover food. Avoid plastic wrap and baggies.
26. Transition to glass food storage containers/jars instead of plastic.

27. Buy food in bulk (take your own container) & products packaged in glass, metal or paper instead of plastic.
28. When hosting gatherings, make them plastic free.

## USE LESS WATER

29. Install a low-flow shower head. Take shorter showers.
30. If bathing, take shallow baths and use greywater for plants\*.
31. Do laundry and dishes in full loads.
32. Wash clothing, towels, linens less frequently.
33. Turn off water tap as soon as possible. Install aerators.
34. Turn off irrigation systems during rainy season and other appropriate times.
35. Wash cars less often. Use a low flow nozzle with shutoff or use a commercial car wash that recycles water.
36. Avoid using garbage disposals.
37. Periodically check for water leaks by observing water meter.
38. Plant drought tolerant plants. Consider native plants.
39. Use a tub in your kitchen sink and use greywater for plants\*.  
*\*You need to first learn how to use greywater safely*

## REDUCE FOOD WASTE

40. Avoid purchasing too much perishable food to avoid spoilage.
41. Prepare reasonable amounts of food for meals/events.
42. Save and eat leftovers at home for future meals. Take home leftovers from eating out and use in future meals.
43. Repurpose food scraps for animal food, compost and/or worm bin.
44. Put food scraps in the organics bin following the instructions from your local hauler/waste manager.
45. Donate excess non-perishable food to food bank or charity.

## MINDFULLY RECYCLE & PROPERLY DISPOSE OF YARD WASTE

46. Install the "What Goes Where" app on your phone.
47. Only put the correct items in the recycle bin. Educate yourself. "If in doubt, throw it out."
48. Compress clean aluminum foil into a ball and recycle.
49. Recycle qualifying thin plastic film and bags at participating grocery stores.
50. Recycle batteries, light bulbs, medicine, and hazardous materials as specified by your waste hauler.
51. Only put the correct items in the organics bin. Educate yourself.
52. Place BPI certified compostable or bio-based plastics in the landfill bin. Do not recycle or place in yard waste bin.

## REDUCE CONSUMPTION OF NEW ITEMS

53. Buy in bulk or large containers to reduce packaging.
54. Buy durable, functional clothing and repair/mend.
55. Whenever possible, use cloth towels and napkins. Reuse paper towels more than once.
56. Buy fewer new items. Buy used and learn to repair
57. Donate clothing and household goods.

## GROW SOME PLANTS AND IMPROVE THE SOIL

58. Plant a small garden to grow food - even if it is just one plant! Instead of food, you may choose to grow native pollinator plants.
59. Have a compost bin and make soil.
60. Practice organic gardening. Use natural OMRI-listed pest control.
61. Use compost and/or organic fertilizer in your garden.
62. Share or trade excess food and compost with others.
63. Plant and nurture a tree- maybe a fruit tree.
64. Join a community garden.

## MAKE A POSITIVE DIFFERENCE BEYOND MY HOUSEHOLD

65. Shop at farmer's markets at least once a month.
66. Support organic, local, and sustainable businesses and products.
67. Find and use environmentally friendly body and household cleaning products to avoid harsh chemicals.
68. Transition to eating less meat and having a more plant-based diet.
69. Buy locally produced food to avoid transportation energy use.
70. Eliminate or reduce meat consumption.
71. Avoid certain food products because you have decided that the production harms the earth. Post a list.
72. Join or form a support group to practice sustainable living, e.g., earth friendly households, zero waste.
73. Provide feedback to local businesses about sustainable practices.
74. Pick up litter and recyclables in your community.
75. Help clean up parks and beaches.
76. Advocate for local, state, and national sustainable legislation by email, attending meetings, city council meetings and other civic gatherings.

## BIG PROJECTS THAT MAKE A DIFFERENCE

1. Purchase energy efficient appliances when replacing.
2. Install solar panels to generate electricity.
3. Seal your house for energy efficiency.
4. Install solar water heater panels.
5. Consider a tankless/on-demand hot water system.
6. Add additional ceiling/floor/wall insulation.
7. Install double paned, leak-proof windows.