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| Water   * Showers instead of baths * Brush teeth w/out running water * Skip rinsing dishes * Planting native plants often reduce need for watering | Packaging   * Buy products with minimal packaging | Gasoline   * Bike, walk, carpool, bus * Vacation locally * Keep car tuned * Tires inflated * Use cruise control | Electricity   * Install CFL bulbs * Turn off computer * Unplug things you don’t use * Switch to manual can-opener and mixer * Take the stairs * Play outside |
| Disposable  Water Bottles   * Invest in a purifier or filter * Use your own water bottle | New Possessions   * Check used goods before buying new * Ask yourself if you really need it * Invest in quality * Buy “green” | Single Serving Snack Packs   * Buy in bulk and use reusable snack containers | Plastic Bags   * Reuse as trash bags or packing stuffers * Reduce amount you use |
| Air Pollution   * Plant a tree | Litter   * Pick up litter when you can and throw it away * Encourage others not to litter | Paper Towels   * Reduce the use of paper towels * Bring your own hand towel | Meat   * Skip eating meat when you can * Meat requires more energy and water to produce |
| Paper Mail   * Call to get your name on the do-not-mail list * Switch to online bill pay and banking | Heat   * Keep your fireplace damper closed * Don’t preheat oven if directions don’t require it * Turn down heat or AC when you are out of the house * Dry clothes on line. Every time you use your dryer, you produce 4.4 pounds of carbon dioxide, a harmful gas | Paper Napkins   * Use less paper napkins at restaurants. Fold them over for more clean space instead of grabbing another * Use cloth napkins at home | Shopping Trips   * Consolidate shopping trips * Write down your shopping list so you don’t forget things |
| Styrofoam   * Try not to use Styrofoam cups * Don’t buy things in Styrofoam trays if you can help it | Garbage   * Reduce the amount of garbage you produce by being conscious of your decisions * Pet hair and dryer lint can be tossed outside for birds to make nests | Diapers   * Use cloth diapers * Diapers are one of the worst pollutants of landfills | Pesticides   * Spot-treat weeds with vinegar * Avoid harmful pesticides that will run off into our water supply and kill helpful insects like bees and ladybugs |
| Cleaning Supplies   * Create your own home made cleaning supplies from safer substances like vinegar, alcohol, baking soda, and lemon juice * You can find recipes online * Buy in bulk and refill containers to use again | Batteries   * Use rechargeable batteries * (but) don’t throw them away, take them to office supply stores or best buy to be recycled properly | Pets   * Have your pets fixed so as not to create wild litters * Get your pet from the pound instead of a breeder to save lives and reduce the number of animals euthanized | Scrap Paper   * Use scrap paper for grocery lists or projects * Just because it’s not paper-sized doesn’t mean it stops being paper, it is still recyclable |
| Cloth Bags   * Bring reusable and washable cloth bags with you to the store * Don’t accept new ones if you have enough * Repair holes when possible and continue using them | Old Clothes   * Reuse Old clothes as cleaning rags, patches, stuffing, or pet bedding * Offer old clothes to Salvation Army, Thrift Stores, Good Will, Etc. | Printer Ink Cartridges   * Can be refilled at office supply stores | Leftover food   * Can be composted or offered to neighbors * Can be eaten later or made into a new meal |
| Books And Magazines   * Can be donated to dr. offices * Can be recycled * Can be reused * Can be sold | Cars   * Can be reused * Can be recycled for parts * Can be maintained to last longer | Stuff You Don’t Use Or Want Anymore   * Can be shared, donated, sold * Reused or made into something new | Old Towels   * Can be donated to shelters * Can be donated to animal shelters for bedding * Can be cut to be used as cleaning rags |
| Wrapping Paper   * Can be saved and reused * Can be reused as shelf liners | Party Cups   * Keep track of these, write your name on them * Provide markers for ppl to write their names * Can be reduced with use of glass or washable plasticware | Rain Water   * Can be collected in rain barrels and used to water plants and yard * This saves valuable clean drinking water | Washable Food Containers   * Should be reused instead of ziplock baggies * You can use empty clean butter containers instead of buying new reusable food containers |
| Old Jewelry   * Can be reused for other projects * Can often be recycled * Can be sold or donated | Old Shower Curtains   * Can be recycled * Can be used as drop cloths | Old Furniture   * Can be recycled * Can be donated or reused * Can be sold for parts or refurbished | Refillable Dispensers   * Should be reused |
| Old Electronics And Wires   * Can be sold or recycled for parts * Can be donated | Soda Bottles And Cans   * For stores and restaurants that sell these, ask them to provide customers with a recycling bin | Aluminum | Newspaper   * Can be reused as wrapping paper (Comics) * Read your news online, use electronic coupons |
| Glass   * Is the one recyclable that can be broken down to its original form and completely recycled * It’s very important that we recycle this material | Phone Books   * Should be recycled | Aerosol Cans   * Can be recycled (empty first) | Plastic   * Plastic is made from oil- reducing plastic means reducing oil dependency * Use matches instead of plastic lighters * Use paper instead of plastic cotton swabs |
| Christmas Trees   * Can be recycled and used for wood chips * Can be composted | Tires   * Should be recycled (take to dump/Salvage yard/recycling center) | Propane Tanks   * Can be given back to suppliers for recycling * Can be taken to salvage yard for recycling (do it all in one trip a couple times a year) | Fire Extinguishers   * Like propane tanks and tires, can be salvaged for their metal |
| Paper   * Can be recycled, even if it’s small bits * Print on both sides * Widen margins | Cardboard | Milk Cartons | Paper Bags |
| Holiday Lights   * Can be recycled and salvaged for their copper and glass parts at participating locations | Old Mattresses   * Can be recycled for parts through various local programs (google) * Can be donated to shelters (Call ahead) | Used Carpet   * Can often be recycled through local centers | Used Gift Cards   * Are usually made of PCP plastic and can be recycled like any other plastic |