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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
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