

50

Green Habits You Can Start Today

(And Why You Should!)



Greenily
your family only greener

1. Pick up a pack of LED bulbs

WHY: LED bulbs use less energy than traditional bulbs

2. Buy from local merchants

WHY: Goods travel shorter distances to get to you, using less fuel

3. Wash clothes in cold water

WHY: Saves energy by not heating water

4. Carpool to work or to kids activities

WHY: Fewer cars on the road conserves fuel and natural resources

5. Turn down the temperature on hot water heater

WHY: Saves energy by not heating water as hot

6. Program thermostat/adjust the temperature when you leave home

WHY: Conserves energy when you don't need it

7. Close blinds or shades during summer/hot days

WHY: Keeps rooms cooler so less AC is needed, conserving energy

8. Use cold water from the faucet unless you really need hot water

WHY: Using less hot water means less energy is needed to heat it

9. Don't leave kitchen and bathroom exhaust fans running

WHY: Fans use electricity!

10. Turn off the lights when you leave a room

WHY: No need to light a room no one is in and waste energy

11. Plan errands and take the most efficient route

WHY: Fewer trips saves fuel and natural resources

12. Turn off the water when brushing teeth or washing face

WHY: Save water, then turn back on when you need more water

13. Take a shorter shower

WHY: Less time in the shower = less water used

14. When washing dishes, soap, turn off water, turn on to rinse

WHY: Save water instead of letting it run down the drain

15. Dump extra water from reusable water bottles into plants or pet bowls

WHY: "Reuses" water instead of just dumping down the drain

16. Check your toilet for leaks

WHY: A leaking toilet wastes a lot of water

17. Use the dishwasher over hand washing

WHY: Running a full dishwasher is a more efficient use of water

18. If it's yellow let it mellow (aka don't flush every time!)

WHY: Each flush uses water so flushing less conserves water

19. Choose the right water level for your laundry load

WHY: Using too much water for a load wastes water

20. Don't use your toilet as a trash can

WHY: Can clog pipes and each flush uses water

21. Carefully measure laundry detergent

WHY: Avoids an extra or extended rinse cycle from over sudsy water

22. Pick up a plant (like a Boston fern) to help filter air naturally

WHY: Helps to reduce unseen toxins in your home

23. Choose eco-friendly cleaning products

WHY: Many cleaners contain toxins that can be harmful to your family

24. Leave your shoes at your front door

WHY: Helps to avoid tracking germs and toxins around your home

25. Buy organic and/or local produce

WHY: Helps to reduce exposure to pesticides

26. Heat spices on the stove instead of spraying room deodorizer

WHY: Many air fresheners contain harmful chemicals and toxins

27. Microwave in glass containers only, not plastic containers

WHY: Some plastics can leach chemicals into food when heated, glass won't

28. Don't dump cleaning products down the drain

WHY: Harmful chemicals can build up and harm waterways and wildlife

29. Dust and vacuum your home often to reduce dust

WHY: Helps reduce dust and other (potentially) harmful particles

30. Change your HVAC filter

WHY: Reduces harmful toxins in the air from being blown around your home

31. Open the windows as often as possible

WHY: Allows toxins and chemicals to leave your home and fresh air to come in

32. Set up a recycling bin in the kitchen

WHY: Convenient location for getting rid of trash and to help reduce landfill waste

33. Use cloth napkins at meals

WHY: Reduces the use of paper napkins and creates less waste

34. Use cloth towel/rag to clean

WHY: Reduces the need for paper towels and reduces waste

35. Skip the plastic produce bag at the grocery store

WHY: Reduces single-use plastic use

36. Choose products with minimal packaging

WHY: Helps minimize waste sent to landfills

37. Skip the plastic straw

WHY: Reduces plastic waste, helps marine health

38. Bring a reusable shopping bag

WHY: Reduces single-use plastic use

39. Carry a reusable, travel mug

WHY: Cuts down on single-use cups and waste

40. Request regular cups, plates, utensils when dining out

WHY: Helps to reduce use of single-use items and waste

41. Carry a reusable straw

WHY: Eliminates the need to use a disposable straw when you still want a straw

42. Pick up a piece of litter

WHY: Keeps trash from ending up in water ways

43. Choose products made from recycled materials

WHY: Cuts down on the need to create new materials, using fewer natural resources

44. Buy goods in bulk

WHY: Bulk goods use less packaging, helps to reduce waste

45. Separate product packaging trash to recycle the parts you can

WHY: Cuts down on what is sent to the landfill

46. Purchase toilet paper made from recycled paper

WHY: Minimizes the need for more natural resources (trees) to be used

47. Label your kitchen recycling bin

WHY: Makes it easy to know what goes in it so you can recycle more

48. Collect plastic bags at home for drop-off recycling

WHY: Reduces landfill waste

49. Buy whole, unpackaged fruits and veggies

WHY: Helps to minimize packaging waste

50. Use a reusable bottle for beverages on the go

WHY: Cuts down on single-use waste

51. Praise a family member for their eco-friendly efforts!

WHY: Encourages them to do more!