

50+ Ways to Make the World GREENER

Here are some ideas for small changes that can make our world a little better off. Why not pick a few that you think you and your family could do, and start making a difference?

1. Air dry your laundry.
2. Hand-wash clothing instead of dry-cleaning.
3. Donate used clothing, appliances and furniture instead of disposing.
4. Don't buy clothing produced in sweat shops.
5. Buy organic cotton underwear.
6. Use soft organic cotton diapers on your baby.
7. Avoid laundry detergent with phosphates.
8. Eat meatless at least twice a week.
9. Eat more farm stand or organic fruits and vegetables every day.
10. Support fair-trade practices.
11. Support your local farmers' market or co-op.
12. Avoid poultry and meats from animals raised on hormones and steroids.
13. Avoid down and feather products. Replace with organic cotton and natural fibers.
14. Avoid products from farms that practice inhumane treatment of animals or employees.
15. Avoid products tested on animals.
16. Buy organic coffee and tea with Fair Trade labels.
17. Buy organic pastas, herbs and essentials, in bulk.
18. Reduce watering of your garden/yard.
19. Compost yard debris and food scraps.
20. Grow your own organic herbs.
21. Garden without pesticides or chemicals.
22. Buy recycled and biodegradable toilet paper.
23. Use cloth or recycled paper napkins.
24. Use recycled paper for writing and printing.
25. Buy recycled gift wrap.



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- 26. Recycle, recycle, recycle.
- 27. Use rechargeable batteries if possible, and recycle alkaline batteries.

28. Don't buy a car for every member of your family.
Learn to share.

29. Don't buy big cars.

30. Use public transportation or car pool
to work at least once a week.



31. Combine errands so that you drive
less often.

32. Keep your car well-maintained and tires inflated
for better mileage and tire wear.

33. Avoid plastics in your home.

34. Install and use ceiling fans.

35. Lower the thermostat in your home to 68°,
and 55% when you are not home.



36. Replace incandescent bulbs with
energy-efficient lighting.

37. Repair leaky faucets.

38. Shorten shower time by 25%.

39. Use washable coffee mugs at work.

40. Ask your utility company for an energy audit.

41. Reduce disposable products in your home.

42. Support environmental legislation.
Nag your congress-people.

43. Donate your money and time to
environmental organizations.

44. Give homemade gifts.

45. Decline drinking straws in
restaurants.



46. Don't buy a second home.

47. Don't buy a larger home than you need.

48. Use organic and herbal soaps, shampoos
and natural cleaning products.

49. Clean your refrigerator coils annually.

50. Don't use an electric bug zapper.

51. Turn your water heater down to 130°F.

52. Use unbleached or reusable coffee filters.

53. Don't buy bottled water; get a
reusable bottle and refill.



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