

Going Green Checklist

101

ways to get started

Recycle magazines & newspapers

Bring your own bags to the grocery store

Support your local economy and curb excess fossil-fuel consumption by shopping close to home.

Install Energy Star-qualified double-pane windows for better insulation.

Take the bus (or train)

Buy energy-efficient appliances (look for the Energy Star label)

Go for bamboo (for flooring, cutting boards, towels, sheets, and so on)

Clean the fridge coils for better productivity

Turn off the lights when you leave the room

Install low-flow shower heads and take shorter showers

Eat more veggies

Get a library card

Ride your bike

Don't let the sink faucet run when you wash dishes and brush your teeth

Leave only footprints when you travel

Unplug your electronics (DVD player, TV, cell-phone charger) when you're not using them.

Use greener cleaners. Baking soda will clean just about anything!

Wash clothes in cold water

Cover pots on the stove to avoid losing excess heat-and wasting energy

Line dry your clothes when possible.

Find a green dry cleaner, and bring your own garment bag

Turn off the dishwasher's drying cycle

Shut your computer down when you leave work-especially on Fridays

Vote for change

Drive a hybrid

Join a food co-op

Swap paperbacks with paperbackswap.com

B.Y.O.B. (of water)

Get off junk-mail lists by registering at dmaconsumers.org/cgi/offmailinglist

Shred old paper for packing instead of using Styrofoam peanuts

Skip the elevator and take the stairs

Check the air pressure in your tires since under-inflated tires reduce fuel efficiency

Buy recycled toilet paper

Print on both sides of the paper

After you finish baking, turn off the oven and leave the door open to heat your home

Eat only sustainably harvested fish to help protect the health of the ocean (visit oceansalive.org)

Go carbon-neutral

To save gas drive under 60 mpg or don't drive as much

Don't use pesticides on your lawn

Find new uses for old things

Compact your non-recyclable trash and use fewer bags

Give your car a tune-up so it drives more efficiently

Buy things that will last

Invest in environmentally conscious mutual funds (find them at socialinvest.org)

Buy shade-grown coffee.

Unload your trunk; the lighter the load, the less gas your car consumes

Seal up your house

Switch to a reusable coffee filter

Go toxin-free at home

Eat what's in season

Start an eco-conversation everywhere you go

Sign up for online banking to stop receiving paper statements

Cancel the phone-book delivery

Install a ceiling fan to improve heat and cooling

Opt for an Energy Star-qualified laptop instead of a power-guzzling desktop

Replace your light bulbs with compact fluorescent ones

Join a community supported agriculture (CSA) program (visit localharvest.com)

Volunteer your time at local conservation agencies

Conserve energy by using power strips (many electronics suck power even when off-but power strips in the "off" position don't)

Don't charge your cell phone overnight

Get on the list. Find out if your city has pledged to meet Kyoto Protocol emissions targets; if not, contact your mayor

Reuse your Ziploc bags

Keep your shades down in the summer and up in the winter

Use a push lawn mower

Purify indoor air with plants instead of with artificial room fresheners

Use clean energy

Support recycling by buying products made from recycled materials

Decorate responsibly by purchasing eco-sensitive accessories (check out vivaterra.com)

Buy or borrow pre-used moving boxes

Plant a garden

Use rechargeable batteries

Bring lunch to work in reusable containers (a "no-garbage" lunch)

Upgrade your toilet to a low-flush model

Fix leaky faucets
Buy low-VOC paint and donate the leftovers (find local reuse programs at earth911.org)

Donate old cell phones and help save the African gorilla (eco-cell.org)

Pass on the paper towels (same goes for napkins)

Fill up your freezer, since the fuller it is, the less energy it uses to keep food frozen.

Dress sustainably (try designers like Linda Loudermilk, Stewart & Brown, Edun)

Buy in bulk to avoid excess packaging

Spend more time outdoors

Seek out reclaimed wood furniture

Weather permitting, take your exercise outdoors

Think big picture

When traveling, ask your hotel what it's doing to be greener

Start composting

Choose reusable instead of disposable products (diapers, razors, cups, pens)

Prewash dishes only if you have to

Install dimmers or motion sensors for your lights

Use organic beauty products

Buy Fair Trade

Stop idling in your car

Carpool

Buy organic food (especially milk, meat, fruits, and vegetables)

Bring your own mug or thermos to your favorite coffee spot

Collect rainwater and use it for landscaping

Use natural-not artificial-fragrances

Swap, don't buy (try eBay.com, craigslist.org, and freecycle.org)

Use concentrated soaps and cleaners since less packaging means less waste

If you see litter, pick it up

Spread the word