GOING GREEN
CHECKLIST
101 WAYS TO GET STARTED

- Recycle this magazine
- 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 showerheads 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 underinflated 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 mph, or don’t drive as much
  - Don’t use pesticides on your lawn
- Find new uses for old things
  - Compact your nonrecyclable 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
  - Go toxin-free at home
- Switch to a reusable coffee filter
- 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 cool-air circulation
- Opt for an Energy Star–qualified laptop instead of a power-guzzling desktop
- Replace your lightbulbs 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 necessary, and do so by hand or in the dishwasher
  - Cancel the phone-book delivery
- 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

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