

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-conversion 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 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**