

1. Repurpose plastic containers
2. Repurpose glass jars
3. Return wine and beer bottles
4. Limit use of hot water* by keeping showers short
5. Use cloths instead of paper towel*
6. Use LED lightbulbs instead of incandescent bulbs*
7. Put on extra layers instead of turning on the heat*
8. Shut the blinds and turn on a fan in the room you're using, instead of turning on the A/C*
9. Open the windows to let in fresh air
10. Turn the lights off when you leave the room*
11. Turn the lights off when daylight is sufficient*
12. Unplug chargers, lights, and appliances when not in use*
13. Purchase recycled toilet paper
14. Plan your meals carefully, follow instructions for portion sizes
15. Decide what you want before opening the refrigerator door
16. Compost food scraps wherever possible
17. Use recycled containers to store food, instead of plastic bags.
18. Choose beeswax or parchment paper instead of plastic wrap

- . Decide what you want before opening the refrigerator door
- . Compost food scraps wherever possible
- . Use recycled containers to store food, instead of plastic bags
- . Choose beeswax wrap or parchment paper instead of plastic wrap
- . Freeze extra food for later (make sure it's tightly wrapped or in a container)
- . Reduce how often you run the dishwasher*
- . Reduce how often you run the washing machine*
- . Wash clothing in cold water*
- . Hang-dry your clothes instead of using the dryer*
- . If using the dryer, use dryer balls (much better than dryer sheets!)
- . Choose natural cleaning agents, ditch the chemical cleaning agents
- . Pay all your bills electronically
- . Unsubscrjs

