

Some Big Changes You Can Make (cont) & The EPA's Top 10 List

Change the impact of your home – There are many small things you can do around your house that can reduce your impact on the earth. These things are largely listed in the 101 list at the beginning of this booklet. But what about doing something big? How green is your house? Is it time to remodel? Or are you shopping for a new house? Consider energy efficiency and green building materials when planning a remodel, shopping for a new house or planning to build one. Learn about certified lumber, green materials, graywater, rainwater recovery and renewable energy technologies. Look into Zero Energy Homes. Check out www.greenbuilding.com.

The EPA's TOP 10 THINGS YOU CAN DO TO HELP REDUCE GLOBAL WARMING POLLUTION

If your family did all of the items listed here, you could cut your own global warming pollution by more than 11,000 lbs per year!

10. Plant a couple of additional trees around your home.

Pollution reduction = 20 lbs/year

9. Next time you buy a refrigerator, purchase a high-efficiency model with the energy star logo.

Pollution reduction = 220 lbs/year

8. Buy food and other products with reusable or recyclable packaging.

Pollution reduction = 230 lbs/year

7. Next time you buy a washing machine, purchase a low-energy, low-water-use machine with the energy star logo.

Pollution reduction = 440 lbs/year

6. Install a solar thermal system to help provide your hot water.

Pollution reduction = 720 lbs/year

5. Recycle all of your home's waste newsprint, cardboard, glass and metal.

Pollution reduction = 850 lbs/year

4. If possible, leave your car at home two days a week. Walk, bike or take public transportation to work, school, or on errands instead.

Pollution reduction = 1,590 lbs/year

3. Replace two of the five most frequently used light bulbs in your home with compact fluorescent light bulbs.

Pollution reduction = 2300 lbs/year

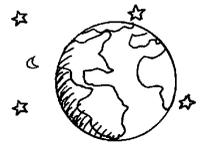
2. Insulate your home, tune up your furnace, and install low-flow shower heads.

Pollution reduction = 2,480 lbs/year and the #1 thing you can do.....

1. Next time you replace your most frequently used automobile, purchase a fuel-efficient car, rated up to 32 mpg or more.

Pollution reduction = 5,600 lbs/year

101 Things You Can Do To Make The World More Green



Reduce (Consumption)

1. Buy less stuff!!!
2. Borrow, rent or share when possible.
3. Organize or join a neighborhood toy, or sports equipment co-op.
4. Invest in quality, well-made, functional, durable, products (clothing, appliances, etc).
5. Use cloth diapers whenever possible.
6. Avoid disposable plates, cups, and utensils (carry your own reusable items with you).
7. Use rechargeable batteries rather than disposables.
8. Avoid using Styrofoam.
9. Use rags instead of paper towels.
10. Don't hoard coins, put them back into circulation. (it takes resources to make new ones).
11. Reduce watching TV with commercials.
12. Pay bills online to reduce paper use. Apply to do web billing with utilities, credit card companies, phone, etc.

Reuse

13. Reuse paper bags, plastic food containers and egg cartons.
14. Maintain and repair rather than discard and replace.
15. Purchase goods in reusable or recyclable containers.
16. Sponsor a clothes swap.
17. Bring reusable paper and fabric bags when shopping.
18. Buy used (clothes, cars, etc.).

Recycle

19. Use the back of disposable paper for scratch paper.
20. Recycle newspaper, aluminum, glass, tin and plastics.
21. Recycle your motor oil.
22. Recycle unneeded items rather than throwing them away (give to thrift stores).
23. Buy products made from recycled materials (paper, plastic, aluminum, etc.).

Reduce your use of toxics

24. Buy organic, pesticide-free foods.
25. Buy foods without additives and preservatives.
26. Use non-toxic pest control in your home and garden.
27. Oppose the use of roadside defoliants in your area.

28. Use non-toxic, biodegradable soaps, detergents, cleaners and cosmetics.
29. Run dishwasher only when full.
30. Choose organic natural fiber fabrics.

Reduce the Impact of Your Food Consumption

31. Be responsible and creative with leftover food.
32. Compost your food scraps and your yard waste.
33. Grow your own food, even small kitchen gardens.
34. Volunteer to start or help with a community garden.
35. Eat foods from low on the food chain. Choose plant foods over animal products.
36. Avoid highly processed foods and ingredients.
37. Support food co-ops.
38. Buy seasonal, locally grown produce and other foods (farmers markets, local farms).
39. Buy bulk & unpackaged rather than packaged goods (and bring your own reusable containers).
40. Bring reusable containers to restaurants for leftovers.
41. Landscape with food producing plants.

Learn about your Environment and Ecology

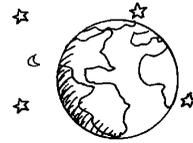
42. Discover where the food and goods you buy are from.
43. Learn about the plants and animals in your region. Explore and learn about your bioregion.
44. Discover your watershed and work to protect it.
45. Learn where your waste and sewage goes.

Care for the Natural Environment

46. Volunteer to maintain or restore local parks and wilderness areas.
47. Buy living or artificial Christmas trees for reuse each year.
48. Help plant trees in your community.
49. Pick up litter along highways.
50. Plant native, non-invasive trees, shrubs and other plants on your property.
51. Buy sustainable products (hemp paper, bamboo flooring, etc).



101 Things You Can Do To Make The World More Green (cont.)



Water Conservation and Water Quality

52. Put in a water-conserving showerhead.
53. Turn off the water while you brush your teeth.
54. Put a water conservation device in your toilet tank.
55. Take shorter showers.
56. Find and fix leaky faucets and toilets.
57. Eliminate unneeded lawn. Landscape with native species.
58. Shower smart (wet down, turn off water, soap up, rinse off).
59. Wash your car on the lawn or at carwash with water recycling.
60. Maintain yard-watering system (fix leaks and use correct application of water timed for cool part of day.).
61. Reuse kitchen sink water for watering houseplants or garden container plants.

Conserve Energy and Reduce Air Pollution

62. Learn where the energy for your home comes from.
63. Support your local utility's conservation program.
64. Hang your clothes up to dry.
65. Be sure your home is well insulated, especially the attic.
66. Weather-seal your home thoroughly.
67. Heat your home responsibly, with renewable, low-pollution energy.
68. Don't burn wood (especially green wood).
69. Put a catalytic converter on your wood stove or upgrade to EPA certified stove.
70. Turn off lights when not in use.
71. Insulate and turn down your water heater.
72. Lower your thermostat and wear warmer clothes.
73. Buy energy efficient electrical appliances.
74. Save ironing to do all at once.
75. Buy low wattage and compact florescent lamps and LED holiday lights.
76. Walk, ride a bike, carpool, take bus, or ride a train whenever possible.
77. Telecommute whenever possible.
78. Reduce travel by airplane.

79. Combine several small trips into one. Do errands on way home from work.
80. Encourage your children to walk or ride bikes to get around. Minimize car use.
81. Call stores first to see if they have what you want.
82. Shop for a neighbor when going to the store.
83. Tune up your car (keep maintenance current, tires inflated).
84. Tune up your AC and furnace in your home.
85. Buy your next car with fuel efficiency in mind.
86. Use electric or push mowers on your lawn.
87. Rake or sweep instead of using a leaf blower.
88. Only operate ceiling fans when room is occupied.
89. Turn off unused electronic equipment (computers, printers, faxes, etc.).
90. Install tint or shading on South and West windows to reduce solar loading.

Social Action and Community Involvement

91. Research and invest in socially and environmentally responsible mutual funds and companies.
92. Support local shops and restaurants, not chains.
93. Speak out about your values in community groups.
94. Educate yourself on global and "third world" environmental and political justice issues.
95. Vote for candidates and organizations who support Green values.
96. Communicate openly with your friends and co-workers about green issues.
97. Support environmentally conscious businesses.
98. Educate yourself about population and the environment. Practice responsible family planning. Adopt.

Reduce the Impact of Domestic Pets

99. Adopt pets instead of purchasing.
100. Neuter your pets.
101. Use renewable/sustainable cat litter (wheat or newspaper, no clay).

Some Big Changes You Can Make!!!!

Start or join a Cooperative – A Co-op is a group of people who share the costs, benefits and responsibilities of a mutually beneficial service. Co-ops exist for groceries, housing, carsharing, childcare, children's toys, sports gear, etc. Wherever a service or product exists that can be shared among friends and neighbors, there is an opportunity for a coop. Learn more about co-ops and many other important issues at: www.coopamerica.org

Start or join a Co-housing Community – It all starts with a block party!!! A co-housing community is a group of people in adjacent houses who share some resources and some aspects of their lives. The result is a tight knit community that consumes less and works together to achieve goals. For more information go to: www.cohousing.org.

Change the way you get around – How much do you really need your car? Could you possibly ride a bike or walk for much of your trips? Could you carpool or take public transportation? Could you even sell your car and live without one? If you still need your car, consider an electric, hybrid, bio-diesel or vegetable oil car. Our cars are a major source of air pollution and should be used as little as possible. What if we all lived close to our work? For more information, visit: www.yaqmd.org/transportation-sources.php

Change your job or career – Does your job reflect your level of commitment to the environment? Do you love your job? Does what you do daily bring the world closer to the way you want it to be? If not, maybe you should change jobs to do something you love. Find a job that lets you practice your values; something that lets you go to sleep at night knowing you have made a difference. Visit www.sustainablebusiness.com for more information.

Green your workplace – Do your company and co-workers share your environmental commitment? Are there enough bicycle racks? Recycling bins? Does your office have high efficiency light bulbs? Efficient water fixtures? Is your company planning a remodel or building a new building that could be built green? Convert your business to a Zero Energy Business. For more info, go to: www.greenbiz.com

Change the impact of your vacations - Tourism influences local economies, often resulting in exploitation of underprivileged and destruction of the environment. Consider taking an Eco-tour or a Reality Tour. There are many options to the standard vacation that have a lower impact on the environment. Simply keep your values in mind when planning your trip. To find out more, visit www.ecotourism.org and www.globalexchange.org/tours/

Change the way you eat - The industrial agricultural complex consumes massive amounts of oil between fertilizers and food transportation. The high nitrogen fertilizers wash off the fields of the conventional farmlands into the waterways. We currently have a "dead zone" the size of Rhode Island in the Gulf of Mexico where the Mississippi river empties out due to the overuse of fertilizers. Read the cover story from "UU World" (Mar. 2007), *The Omnivores Dilemma* and *The China Study* for more details. The point is, the way you eat has a huge impact on the environment. Buy locally grown organic foods at the Farmers Market or join a CSA (Community Supported Agriculture). Also, foods lower on the food chain, primarily vegetables, have less of an impact on the planet than animal products. Making a lifestyle change, like becoming a vegetarian or vegan, could be the biggest contribution you can make to reduce your impact on the planet (as long as the vegetables you do eat are raised responsibly). Visit the following sites to learn more: www.eatwild.com and www.sustainablefood.com.

