~ GREEN HOUSEHOLD Cheat Sheet ~

1. Use a French press to make your coffee. No filter required.

2. Use beeswax or silicone wraps instead of plastic wrap. But do use up the plastic wrap you already have—not using it doesn't solve anything.

3. Pressure cookers reduce cooking time up to 70%, thereby saving a lot of energy.

4. Always cover your pots, even if you're just heating water. Saves time and energy.

5. Only heat as much water as you're going to use. Saves energy.

6. Use veggie and meat scraps to make broth. Freeze it until ready to use.

Keep a close eye on leftovers and use before they go bad. Think of creative ways to combine them to make them delicious the second time around.

7. Buy food in bulk. Find a bulk store: https://app.zerowastehome.com/

8. Buy bar soap and shampoo instead of liquid to save on single-use plastics. Use baking soda to clean your dishes. Buy dishwasher soap in bulk.

9. When shopping for produce at stores that allow using your own bags, take your own produce bags, too—cloth or string bags, or reuse old pastic bags. If you can't, just don't use produce bags; wheel your cart to your car and bag your food there.

10. In warm weather, when running water until it gets warm in the sink or shower, collect it in a bucket. Use it to water plants. HINT: It's hard to collect shower spray. So use the bath spout to fill your bucket.

11. Set a timer for your showers. Use it.

12. Instead of using a toxic air freshener, open a window.

13. Set up a book exchange stand in your front yard, near the street. Make it decorative. Prime it with books. Post the Rules: "Books are free. Return when finished, and add your own. Please don't leave books on the ground." Cover it with a tarp on wet days, or put it on wheels so you can roll it into the garage.

14. Invest in a heat pump to heat and cool your home. Huge energy savings

15. Keep a clean cup in your car for those times you buy coffee or tea.

16. Keep a To-Go Kit in your car for take-out meals: plates, metal flatware, cloth napkins, silicon or bamboo plates (or plastic you already have), washable placemats.

~ SOLID WASTE Cheat Sheet ~

1. Plant vegetable and fruit stems and watch them grow into edibles!

2. Compost your other food waste and use it in your garden. You can do this by hand or buy one of those cool composting units that do the work for you.

3. Shop vintage and thrift shops. You'll be amazed at what you can find there!

4. Tear used paper into squares and use back side for notes, grocery lists, etc.

5. Say no to single-use plastic containers. If you must buy them, find ways to reuse them. Many are not recyclable; don't be fooled by that triangle symbol. It's unregulated, so any company can put it on any product. And they do.

6. Upcycle trash into usable items or arty gifts. Like, use toilet paper rolls as holders for coiled cords. (Search "upcycle trash" online for lots more fun ideas.)

7. Send junk mail back with a note requesting to be removed from mailing list.

   OR, send your written request with a processing fee to:

   DMAchoice

   DATA & MARKETING ASSOCIATION

   POST OFFICE BOX 643

   CARMEL, NY 10512-0643

   There is a processing fee for both online registration and mail-in registration. Visit the DMAchoice website: https://dmachoice.thedma.org/ for complete information. For further Mail Preference Service information, visit https://thedma.org/.

8. Avoid packaging by buying bulk foods and growing your own.

9. Say no to shopping bags to hold your purchases. If your store doesn't allow you to bring your own, check your produce out naked (the produce, silly, not you!), wheel your groceries to your car in the cart, and transfer them to your own cloth bags.

10. Instead of accepting business cards, use your phone camera to scan them.

11. Buy frozen food in cardboard or paper containers instead of plastic bags.

~ GREEN ELECTRONICS Cheat Sheet ~

1. Invest in a solar charger for your electronic devices.

2. Use "smart" power strips.

3. Use rechargeable batteries.

4. Fix broken appliances instead of trashing them. You can often find the parts online. You'll save money and landfill.

5. Check your website's carbon footprint at https://www.websitecarbon.com. Get a free optimizing plugin. (We use Optimole, and it has made a big difference.)

6. Unsubscribe from all those emails you never read. (If your email service sorts your mail into different tabs, you probably have no idea of the volume of emails you've subscribed to and never see that waste bandwidth every day.) Some of them won't actually unsubscribe you, but many will. Do it a bit at a time … make it an ongoing project.

7. Adjust your device power settings to go into sleep mode when you take a break.

8. Decrease monitor brightness to 70%.

9. Use a browser like Edge or Firefox that lets you block ad tracking. And then block it. If you use Chrome, go to Settings > Advanced > Privacy on your computer or Android phone and click "Do Not Track."

10. Block video autoplay.

11. Download videos instead of streaming them.

12. Use Ecosia browser add-on to Chrome, Firefox or Safari. It's free, and the revenue it generates is used to plant trees around the earth.

13. Get the Earth Hero climate change app for your Android or iPhone. This novel eco app shows you how to figure your carbon footprint compared to other Americans and globally, and gives you choices to set and track goals for improvement. Download it from the App Store or Google Play.