

Printable! Then attach to refrigerator door or other highly visible spot.



'GREEN' HOUSEHOLD

Super Cheat Sheet

ITEM	'GREEN' SOLUTIONS
<ul style="list-style-type: none">• Coffee Maker	<ul style="list-style-type: none">• A French press makes great coffee. And no throwaway filters!
<ul style="list-style-type: none">• Food Storage	<ul style="list-style-type: none">• Use up your plastic wrap. Then, find silicone containers or bees-wax dish covers online. And save money in the long run.
<ul style="list-style-type: none">• Cooking	<ul style="list-style-type: none">• Cover pots even when boiling water to save time & energy.• Save energy by only heating as much water as you will use.• Pressure cookers cook faster & save up to 70% in energy use.• Keep a close eye on leftovers & use them before they go bad. Think of creative ways to combine them to make tasty dishes.
<ul style="list-style-type: none">• Old (Working) Appliances	<ul style="list-style-type: none">• Repair, sell online, donate, or trade them in.• Ask a local eco group to start a monthly 'Fixit Event.'
<ul style="list-style-type: none">• Cleaners	<ul style="list-style-type: none">• Avoid plastic. Buy bar shampoo & soap, not liquids.• Buy bulk eco-safe dishwasher soap & laundry detergent.• Use baking soda to wash your dishes.• White vinegar will handle most household cleaning jobs.
<ul style="list-style-type: none">• Water	<ul style="list-style-type: none">• When heating shower water, collect it in a bucket for your garden.• Time your showers. • Turn off water while brushing teeth.• When your water heater dies, replace it with an electric, heat pump, or hybrid water heater. NOT natural gas.
<ul style="list-style-type: none">• Air Fresheners	<ul style="list-style-type: none">• Open a window instead of using a toxic air freshener.
<ul style="list-style-type: none">• Heating & Cooling Your Home	<ul style="list-style-type: none">• Replace gas HVAC with an electric or heat pump system.• Use drapes & shades or blinds to cool in summer & heat in winter.• Weatherize your windows with caulk and weatherstripping.• Install reflective coatings on your windows.• Plant trees strategically for summer shade and as windbreaks.
<ul style="list-style-type: none">• In the Car	<ul style="list-style-type: none">• Keep a to-go kit in your car for takeout meals: plates, cups, flatware, cloth napkins.

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'GREEN' ELECTRONICS

Super Cheat Sheet

ITEM	'GREEN' SOLUTIONS
<ul style="list-style-type: none">• Charging Devices• Plugging In• Batteries• Broken Appliances	<ul style="list-style-type: none">• Invest in a solar charger, and use it.• Use 'smart' power strips to save energy.• Use rechargeable batteries.• Repair them if possible, instead of throwing them 'away.'• Donate them, sell them online, trade them in, or call an appliance recycler.• Ask a local eco group to start a monthly 'fixit event.'
<ul style="list-style-type: none">• Your Website	<ul style="list-style-type: none">• Check your site's carbon footprint at www.websitecarbon.com.• Get a website-optimizing plugin. Optimole is FREE, works well.
<ul style="list-style-type: none">• Emails	<ul style="list-style-type: none">• Unsubscribe daily from five emails you never read.
<ul style="list-style-type: none">• Computer	<ul style="list-style-type: none">• Set your computer to go to sleep whenever you take a break.• Decrease your monitor's brightness to 70% or less.• Block video autoplay; Download videos instead of streaming.• Use 'green' hosting if it's available.• Use Ecosia browser. FREE. And they plant trees.• Block ads in browser settings or use an ad-blocker browser extension to stop seeing ads & save money & energy.
<ul style="list-style-type: none">• Mobile Phone	<ul style="list-style-type: none">• Set your phone to time out at 30 seconds or one minute.• Turn off your phone at night.• Keep your phone warm in winter, cool in summer.• Use a dark wallpaper to avoid unnecessary illumination.• Don't charge your phone while watching videos or playing games.• Close apps when not using them; uninstall apps you never use.• Deactivate Bluetooth when you aren't using it.• Avoid overcharging: Save energy by unplugging your phone when it reaches 100%, and keep it charged above 30%.
<ul style="list-style-type: none">• Track Your Progress	<ul style="list-style-type: none">• Get the 'Earth Hero' phone app FREE and 'go greener' every day!



SOLID WASTE

Super Cheat Sheet

ITEM

'GREEN' SOLUTIONS

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| <ul style="list-style-type: none">• Food Scraps• Shopping• Paper:• Business Cards• Single-Use Plastics• Trash• Junk Mail• Shopping Bags• Aerosol Cans | <ul style="list-style-type: none">• Make meat and vegetable scraps into soups and stocks. Freeze them for later use, marked with content and date label.• Plant vegetable and fruit stems and grow them into edibles!• Compost other food scraps and apply the compost to your garden.• Find amazing values on clothing, books, and household items at vintage and thrift shops.• Avoid buying food packaged in plastic containers. Instead, grow your own or buy in paper or true cellophane packaging or in bulk.• Tear used paper into squares. Use the back side for notes, grocery lists, and so on.• Wrap gifts in paper you decorate yourself or in old comic strips.• Don't accept business cards. Instead, scan them using your phone.• Avoid these when you can. Reuse what you can't avoid. Most are not recyclable, even though they bear the recycle emblem. (Use of that symbol is unregulated, so it has no legal force.)• Upcycle throwaways into usable items or arty gifts. For example, toilet paper rolls make great holders for coiled cords. (Search "upcycle trash" online for lots more fun ideas. Great kids' projects!)• Return it and request removal from mailing list. If that doesn't work, follow instructions at www.dmachoice.thedma.org.• Take your own reusable bags—for produce, too! If your store doesn't allow you to bring your own bags, check your purchases out naked (the things you buy, silly, not you!), wheel them to your car, and transfer them into your own reusable bags.• Recycle aerosol spray cans from paint, hair spray, shaving cream, and cooking spray (most local recycling programs accept them.) But take aerosol spray cans that are full or partly full to a hazardous waste site. |
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