

# 40 Ways to: Help the Environment

1. Reuse your shopping bags or shop with a canvas bag.
2. Take your lunch in a reusable lunch box instead of a disposable one.
3. Buy locally grown foods to save fuel and keep money in your community.
4. Seek out and support local farmers markets.
5. Buy organic foods—organic soils capture and store carbon dioxide at much higher levels than soils from conventional farms.
6. Buy intelligently—one bottle of 1.5l requires less energy and produces less waste than three bottles of 0.5l.
7. Use drip irrigation systems in your garden to deliver water directly to your plants, with minimal waste.
8. Use non-chemical pest controls in your yard and garden.
9. Plant trees in your yard and community to trap CO2 emissions, cool your home, reduce urban runoff, capture dust particles from the air and reduce noise pollution.
10. Plant trees, shrubs and other plants native to your area. They require less maintenance and less water, are more resistant to pests and diseases, and attract native wildlife and native beneficial insects.
11. Switch to a low-flow toilet or use low-tech methods like putting a brick or a small milk jug in the tank to reduce water use.
12. Use small, efficient devices to cook food—toaster ovens, pressure cookers, crock pots, microwaves, and electric grills are efficient and won't heat up your kitchen in the summer.
13. Use some Xeriscaping principles in the garden to reduce water use.
14. Turn down or shut off your water heater when you will be away for extended periods.
15. Clean the lint filter in your dryer after every load so that it uses less energy.
16. Learn about alternatives to household cleaning items that do not use hazardous chemicals.
17. Buy the right amount of paint for the job.
18. Use traps instead of rat and mouse poisons and insect killers.
19. Use cedar chips or aromatic herbs instead of mothballs.
20. Avoid using leaf blowers and other dust-producing equipment.
21. Leave grass clippings on the yard—they decompose and return nutrients to the soil.
22. Use recycled wood chips as mulch to keep weeds down, retain moisture and prevent erosion.
23. Rent or borrow items like ladders, chain saws, party decorations and others that are seldom used.
24. Reuse items like envelopes, folders and paper clips.
25. Use a ceramic coffee mug instead of a disposable cup.
26. Don't use your wood stove or fireplace when air quality is poor.
27. Use low-VOC or water-based paints, stains, finishes and paint strippers.
28. Paint with brushes or rollers instead of using spray paints to minimize harmful emissions.
29. Don't wash dishes with the water running continuously.
30. Replant or mulch disturbed soil as soon as possible.
31. Take your car to a car wash instead of washing it in the driveway.
32. Buy items in bulk from loose bins when possible to reduce the packaging wasted.
33. Avoid products with several layers of packaging when only one is sufficient.
34. Use recycled paper, and use discarded paper for scrap paper.
35. Buy products that you can reuse and maintain and repair durable products instead of buying new ones.
36. Use cloth napkins instead of paper ones.
37. Use reusable plates and utensils instead of disposable ones.
38. Use reusable containers to store food instead of aluminum foil and clingwrap.
39. Buy rechargeable batteries for devices used frequently.
40. Buy used furniture - there is a surplus of it, and it is much cheaper than new furniture.

