



# 50 Tips on a **GREENER LIVING**

1. Use cotton or recycled bags when shopping
2. Switch to energy efficient appliances
3. Shut off lights
4. Unplug appliances when not in use
5. Use natural products for cleaning
6. Make sure your home and car are in good repair
7. Use both sides of a sheet of paper
8. Dispose used batteries at proper disposal facilities
9. Consider composting
10. Walk to the store
11. Consider the amount of packaging when making your purchases
12. Consider alternatives to air travel, or purchase carbon offset credits
13. Use your own travel mug for your morning beverage
14. Consider car pooling or public transport
15. Gerbera daisies, peace lilies, and English ivy are good protection against benzene and trichloroethylene
16. Use compact fluorescent light bulbs rather than incandescent
17. Install window energy conservation kits to reduce air drafts
18. Use a programmable thermostat
19. Ensure your faucets and toilets don't leak
20. Fill up your dishwasher before using and run at off-peak hours
21. Consider refillable pens and mechanical pencils rather than disposable ones
22. Bring lunch to work in a reusable container, rather than a disposable bag
23. Keep a scrap paper pile of misprinted or unnecessary documents to print, write, or scribble
24. Consider purchasing a mesh or cloth coffee filter as opposed to disposable ones
25. Combine errands to reduce the amount of driving
26. Donate items no longer used to charitable organizations
27. Reuse the plastic containers provided with take-out food
28. Support local farmers
29. Buy clothing made from natural fibres, like cotton, hemp, wool, and made with all-natural dyes
30. Be conscious about the waste produced
31. Avoid using plastic water bottles
32. Never microwave or freeze plastic containers
33. Don't throw away toxic household waste (paint, paint thinner, car oil, and the like); call your garbage service provider
34. Buy food in bulk to avoid excess packaging
35. Use specific containers for plastic, paper, and non-recyclable items
36. Use rechargeable batteries instead of regular batteries
37. Read the nutritional information before purchasing items at the grocery store
38. Use soaps and shampoos made with natural ingredients
39. Take shorter showers
40. Turn off water while brushing teeth
41. Plant native plants during the summer that require no watering
42. Install a solar electric or solar hot water system
43. Do community gardening in public places or your own backyard
44. Support publications that use recycled paper
45. Barter goods and services
46. Keep your yard free of pesticides or herbicides
47. Write a letter and let your voice be heard
48. Air out your dry cleaning or choose a company that doesn't use perchloroethylene
49. Challenge schools, businesses, and neighbours to a conservation contest
50. Ask your supervisor to devise a "workplace travel plan" which rewards people that leave their cars at home