

SUSTAINABILITY

"We are what we repeatedly do."

Aristotle

Add one new habit a week in stewardship of the earth.

- Use rechargeable batteries, recycle others.
- Repair rather than replace broken items.*
- Buy energy-efficient (Energy-Star) appliances.
- Turn heat down and wear a sweater.*
- Replace furnace filters regularly.
- Ride your bicycle.*
- Share a ride.
- Take the bus.*
- Hand pull weeds.
- Support business that practice pollution prevention.*
- Support recycling efforts.
- Adopt a stream or trail.*
- Share camping equipment with friends and neighbors.
- Carpool to work and other activities.*
- Always pick up pet waste.
- Share yard equipment with neighbors.*
- Buy products made with recycled materials.
- Buy only what you will use.*
- Avoid products with excessive packaging.
- Avoid disposable items.*
- Consider green gifts.
- Choose the least toxic cleaner to do the job.*
- Recycle wrapping paper/make wrapping paper from paper bags and Sunday comics.
- Use cloth napkins instead of paper.*
- Buy organic foods.
- Remove insects by hand or spray off with water.*
- Shower instead of filling a bathtub.
- Use compost as fertilizer.*
- Sweep rather than wash outdoor areas.
- Test soil to determine fertilizing needs.*
- Compost yard and kitchen waste.
- Avoid yard chemicals.*
- Reduce turf.
- Use a mulching lawn mower.*
- Leave grass clippings on the lawn as a source of nourishment.
- Aerate lawn areas.*
- Turn off water when brushing teeth.
- Run washing machine when full.*
- Install water-saving fixtures.
- Shift to paperless communication where possible.*
- Xeriscape.
- Turn off computer equipment overnight.*
- Use reusable dishes and utensils.
- Use scrap paper for faxes of draft copies.*
- Make two-sided copies.
- Reuse envelopes and file folders.*
- Consider a conference call rather than a meeting.
- Buy recycled content products.*
- Buy Energy-Star rated office equipment.
- Form an organic food coop.*
- Explore ecotourism.
- Live close to work.*
- Establish a neighborhood composting and recycling facility.
- Teach children to respect the environment.*
- Dry clothes on a clothesline.
- Buy compact florescent lighting.*
- Buy a thermostat with a timer.

Clean the condenser coils on your refrigerator.
Install storm windows and doors.
Consider solar heating.
Consider retrofitting your fireplace with natural gas.
Use cold water in washing machine when possible.
Don't overdry clothes.
Use native plants.
Reduce transportation impacts of your outdoor activities.
Practice 'leave-no-trace' camping.
Water your yard in the early morning or late evening.
Use mulches to prevent weeds and conserve water.
Belong to at least one environmental organization.
Share books. Use your library.
Buy toys that last.
Buy only what you need.
Walk,
Try baking soda and vinegar for everyday cleaners.
Use nontoxic insect and pest traps.
Buy a fuel-efficient car.
Group several errands into one trip.
Donate unwanted items to charity.
Take your own bags when shopping.
Learn where your food comes from and how it is produced.
Be conscious of your consumption habits.
Buy quality products that last.
Buy products made of recycled materials.
Increase home insulation
Reduce, reuse, recycle, replant.