



each day, you can do #onegreenthing

Using this list for inspiration, challenge yourself to make one small change a day. Share your #onegreenthing on our Facebook page or tag us on Instagram - @ecogirlheather

General:

- Recycle
- Donate old but usable items
- Combine errands
- Carpool
- Bring lunch to school/work
- Walk instead of drive
- Start a compost bin
- Opt out of catalogs at www.catalogchoice.org
- Switch to electronic statements
- Exercise at home or outside instead of the gym
- Eliminate excess baggage from your car
- Switch to environmentally friendly cleaning products

Around the House:

- Fix broken items
- Unplug appliances when not in use
- Turn down the thermostat in the winter
- Turn up the thermostat in the summer
- Plant herbs
- Grow your own food
- Add an air purifying plant

Bathroom:

- Fix leaky faucets
- Fix leaky toilets
- Skip the shower
- Shorten your shower
- Use bath towels more than once before washing
- Use cardboard Q-tips rather than plastic
- Compost (cardboard) Q-tips and toilet paper rolls
- Turn off water while brushing teeth
- Switch to personal care products with less harmful chemicals

Kitchen:

- Use cloth napkins
- Use cloth kitchen towels instead of paper
- Ditch the sponge
- Make your own salad dressing
- Switch from plastic to glass storage
- Ditch plastic wrap
- Ditch aluminum foil
- During warm months, cook in crockpot or on grill
- During cooler months, leave oven door open after use
- Enjoy meatless meals
- Water plants with water used to clean produce or cook pasta

Eating Out:

- Skip the straw or use reusable
- Bring your own containers for leftovers
- Bring your own cup
- Skip the coffee stirrer
- Bring your own utensils

Grocery Shopping:

- Bring reusable shopping bags
- Bring reusable produce bags
- Buy produce loose
- Bring reusable containers
- Buy larger sizes of your favorite products
- Walk/bike instead of drive
- Hit the Farmers Market
- Choose Fair Trade products
- Choose organic for Dirty Dozen produce