

Home Activities to help our Environment



Helping the environment is about celebrating creation, being good stewards, and passing on those values to the next generation. Here are some things that you and your family can do at home. -

By the Environmental Justice Committee

1. **Save on energy:**

- Use energy efficient appliances and light bulbs (Look for “energy star”).
- Wash laundry in cold water instead of hot.
- Turn off lights when you leave the room.
- Lower the temperature on your hot water heater.
- Unplug chargers & appliances when not using & turn off computers.

2. **Save gas:** Combine errands or use public transportation, walk, or bike.

3. **Avoid buying and using single-use plastic.** Consider using:

- Bar soaps, shampoo, and detergent strips or reuse containers and buy bulk.
- Reusable bags, water bottles, coffee mugs.
- Repurpose glass jars for leftovers or for bulk storage.

4. **Buy local, Buy less, Buy used:** Support the local economy.

5. Research options for signing up for local **renewable energy.**

6. **Save on paper** (and save money):

- Use scrap paper, envelopes, junk mail, etc. for lists and notes; print on two sides.
- Use cloth instead of paper to clean.
- Repurpose old towels & t-shirts for cleaning cloths.
- Use cloth napkins instead of paper.
- Eliminate paper bills and pay online. Opt for electronic communications.

7. **Support local restaurants** that use food derived less than 25 miles away.

8. Research making and using your own **household cleaners.**

9. **Toilet paper:** Use sustainably sourced products like recycled or bamboo.

10. Switch to shade-grown **coffee with the “Fair Trade” label.**

11. **Don’t use poisons and sprays** for rodents and insects because when ingested they can harm local wildlife or pets.

12. **Learn more and be inspired:**

- **Watch documentaries:** *Food Inc.*, *Our Planet*, *Before the Flood*, and *The True Cost*.
- **Read blogs:** *You Grow Girl*, *Zero Waste Home*, *The Good Trade*, and *The Sustainable Edit*.
- **Read books:** Barbara Kingsolver’s *Animal, Vegetable, Miracle*; Michael Pollan’s *Food Rules*; and Carleen Madigan’s *The Backyard Homestead*.