

Top 10 Actions

to reduce your impact on the environment



1. **Smart shopping.** Buy what you need, not what you want. Consider borrowing tools that are seldom needed, rather than buying or buy used items from garage sales.
2. **Simple savers.** Replace light bulbs with LEDs. Use aerators on faucets and shower heads. Weatherstrip windows and doors.
3. **Transportation alternatives.** Walk, bike, car pool or take the bus. When driving, reduce idling. Consider car sharing or renting.
4. **Food choices.** Choose local fruits and vegetables that are in season. Eat less meat.
5. **Washing and drying.** Wash full loads of clothes in cold water and hang to dry.
6. **Heating and cooling.** In the summer, set air conditioning to 24°C. For winter heating, set the thermostat to 19°C. Install ceiling fans and programmable thermostats.
7. **Close to home.** Vacation, travel and work as close to home as possible.
8. **Bathroom basics.** Take short showers instead of baths. Turn off water taps while brushing teeth, or fill a glass with water.
9. **Careful cleaning.** Choose natural, non-toxic cleaning products. Make simple, natural cleaners using vinegar, baking soda and water.
10. **Don't discard.** Donate, reuse, and recycle items before throwing them into the trash. Harmful materials like chemicals, batteries, and electronics should be taken to local hazardous depots or recyclers.