

SOPHIE ULIANO'S 50 WAYS TO MAKE EVERYDAY EARTHDAY



REDUCE,
REUSE, RECYCLE

1. Recycle at home, work and school.

2. Recycle on the go. If you cannot recycle at sporting events, while on vacation or other places on the go, take your recyclables home.

3. Buy recycled. Look for items made from recycled-content material and that can be recycled. Many office supplies are made from recycled material.

4. Reduce. Take actions to reduce waste. Use reusable bags when shopping. Stop unwanted mail. Donate unwanted items.

5. Reduce the amount of meat you eat. Going veggie or vegan is one of the most powerful actions you can take to reduce the destruction of land and rainforest.

6. Compost. It's easy to do and helps protect the environment, conserve resources and may save money.

7. Grasscycle. It saves time and the clippings contain valuable nutrients for your yard.

8. Recycle computers and other electronics. Many communities as well as manufacturers and retailers offer collection programs.

9. Recycle used motor oil, bottles and filters.

10. Consider using rechargeable batteries. You will save money and they can be recycled.



SPARE
THE AIR

11. Drive less. Combine your errands into one car trip. Fewer trips will reduce air pollution.

12. Consider using a reel or electric mower and other non gas-powered equipment for yard work.

13. Walk or ride a bike. Burn carbohydrates instead of hydrocarbons.

14. Shop by phone, mail or the Internet. Fewer vehicle miles traveled will reduce air pollution.

15. Carpool, van-pool, or ride public transit when possible. Fewer single occupancy vehicles on the road reduces air pollution.

16. Drive smart. Slowly increase your car's speed and use cruise control on the highway.

17. Consider not burning yard trash, such as branches and leaves. These items can be composted and used in your yard.

18. Obey the speed limit. It saves gas and reduces greenhouse gas emissions.

19. Keep your vehicle tuned up and your tires properly inflated. Both help save gasoline as well as make your car safer.

20. Do not idle your vehicle. Turn off your engine if you expect to be stopped for more than 30 seconds (except in traffic). Consider not using drive-through windows, instead park and walk inside.



ENERGY

21. Turn off the lights, TV, radio or computer when you leave the room.

22. Only use your dishwasher and dryer during off-peak hours (8pm - midnight). The heat generated during the day will make your A/C have to work harder.

23. Decide what you want before you open the refrigerator door. Holding the door open lets the cold air escape.

24. Turn off the dishwasher after the wash cycle. Let dishes air dry.

25. On sunny days, hang clothes on a clothesline instead of using the dryer.

26. Save gas by encouraging your family to walk or bike to nearby places.

27. Enjoy a "No Cooking Day" once a week. Eat cold cereals, sandwiches, fruits and salads. It'll save energy and it's healthy for you!

28. Clean the lint trap of the clothes dryer after every load.

29. Use compact fluorescent light bulbs. They are less expensive in the long run.

30. Use a slow cooker for your meals when possible.



WATER

31. Install water-saving showerheads, toilets and faucets. Look for the WaterSense label to find water-efficient products.

32. Run your dishwasher and washing machine only when they have full loads. Wash clothes in warm or cold water to save energy.

33. Turn off the tap. Turn off the faucet when brushing your teeth or washing your hands and face. Turn faucets tightly to avoid dripping.

34. Dispose of hazardous substances properly. Motor oil, paints and other chemicals should not be poured on the ground, down a storm pet, drain, or in a sewer or septic tank.

35. Pick up after your pet. Pet waste runs off lawns and sidewalks, polluting nearby rivers and lakes.

36. Get involved. Sign-up for a local beach, stream or wetland clean-up. Join a watershed protection group.

37. Keep a filter jug of water in your fridge so that you don't have to run tap until water gets cold. Try this one!

38. Install a rain barrel. Collect rainwater runoff from your roof and use it to water your flowers and garden.

39. Use native plants for landscaping. Native plants and trees often need less water, fertilizer and pesticides.

40. Wash your car only when you need to. When you do wash it, try parking your car on gravel or grass to reduce runoff into the street.



COASTAL

41. Don't walk on sand dunes. Sand dunes help protect the beach from erosion. Use boardwalks, dune walk-overs and designated paths to the beach.

42. Leave only footprints in the sand. Be sure to remove all of your trash in addition to any trash you may see around you. Dispose of litter properly and be sure to recycle any paper, glass or plastic.

43. Adopt-A-Beach. Become a partner in this program to reduce beach litter.

44. Protect coastal water quality and shellfish beds by cleaning up after your pet.

45. Don't touch or pick sea oats or other beach grasses. They help prevent beach erosion.

46. Don't disturb sea turtle eggs on the beach. Sea turtles are an endangered species.

47. Respect the plants and animals that depend on a clean and healthy beach.

48. Use unbleached parchment paper in place of aluminum foil for cooking. It is biodegradable, compostable and reusable.

49. Keep storm drains free of trash. Some empty into rivers and creeks.

50. Avoid one-time-use plastics such as disposable water bottles. Always use a reusable travel bottle for the day. Try this one!