

10 Tips For Eco-Friendly Living



Save Water

Turn off the faucet when brushing your teeth. Only run the dishwasher when the machine is full. When hand washing, soak your pans, utensils and dishes to reduce water for cleanup. Use biodegradable soap and laundry detergent. Drink filtered tap water instead of store bought; it will save on plastic bottles, energy and gas-emission to produce them and reduces waste.



Improve Air Quality

Grow green plants in your home and open windows to circulate air daily. Remove all chemical products and synthetic fragrances from your household and use 100% essential oils and natural products instead. Use candles made from beeswax, coconut or hemp instead of paraffin. When painting use eco-friendly paints that are VOC free or low on Volatile Organic Compound.



Eat Green Food

Buy organically grown and locally sourced vegetables, fruits and foods whenever possible. Shop at the farmers market or local store, or even better, grow your own. Compost your kitchen scraps and plant waste. Depending on your area, there are several cities and organizations that provide composting opportunities.



Avoid Meat & Dairy

Go Vegan for both ethical and environmental reasons. The meat and milk industry is responsible for a lot of cow poop that turns into carbon dioxide which is one of the major players in greenhouse emissions. Besides, the meat and milk industry uses too many resources like food, energy and water and is responsible for deforestation and land destruction.



Skip Fast Food

Most fast food, store-bought snacks and convenience food contain all kinds of chemicals, toxins, hormones, pesticides, GMO and other nasty ingredients that are unhealthy for both the environment and our bodies. The packaging ends up on our landfills and is usually made of plastic, Styrofoam and other toxic materials.



Say No To Plastic

Plastic contains toxins that end up in landfills or oceans. 100,000's of animals die every year from plastic waste. Use reusable totes when shopping, organic cotton bags for produce and fruits and avoid packaged foods whenever possible. Use reusable wrappers, bags or containers instead of plastic wraps when packing food to go.



Reduce Electricity

Unplug all electronic equipment when not being used. Use the oven for multiple dishes when baking. Only use the A/C for temperatures above 85F and keep the settings at 75F. Buy a solar system for your home or sign up with an alternative energy supplier in your area. Use rechargeable batteries and solar powered gadgets and battery packs.



Use Smart Lights

Only turn on lights that are actually being used and needed. Replace your light bulbs with Compact Fluorescent light bulbs or even better LED light bulbs. This will save over 60% of energy and reduce greenhouse gas emissions. Bonus: The bulbs last longer than regular incandescent light bulbs. Use solar powered lights for outdoor lighting.



Wear Green Clothes

Wear your old clothes and buy from second hand and thrift stores. When buying new clothing, choose brands that use sustainable resources and support the community. Choose eco-friendly fabrics such as organic cotton, linen, wool or hemp.



Recycle, Reduce, Reuse

Eliminating waste whenever possible saves money, energy and natural resources. Reduce paper waste by signing up for electronic billing. Use reusable items whenever possible and recycle what can't be reused.



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