

# GOING GREEN CHECKLIST

List taken from The May 2007 issue of Body & Soul Magazine

## GETTING STARTED

Recycle magazines and newspapers.

Buy energy-efficient appliances and curb excess fossil fuel consumption by shopping close to home.

Clean the fridge coils for better productivity.

Eat more veggies.

Don't let the sink faucet run when you wash dishes and brush your teeth.

Shut your computer down when you leave work – especially on Fridays.

Get off junk-mail lists by registering at [dmaconsumers.org/cgi/offmailinglist](http://dmaconsumers.org/cgi/offmailinglist)

Check the air pressure in your tires since Under inflated tires reduce fuel efficiency.

Eat only sustainably harvested fish to help Protect the health of the ocean (visit [oceansalive.org](http://oceansalive.org)).

Eat what's in season.

Unload your trunk; the lighter the load the less gas your car consumes.

Bring lunch to work in reusable containers (a "no-garbage" lunch

Take your own bags to grocery store.

Go for bamboo (for flooring, cutting boards, towels, sheets and so on).

Turn off the lights when you leave the room.

Get a library card.

Use greener cleaners. Baking soda will clean just about anything!

Join a food co-op.

Swap paperbacks with [paperbackswap.com](http://paperbackswap.com)

Print on both sides of the paper.

Don't use pesticides on your lawn.

Buy things that will last.

Invest in environmentally conscious mutual funds (find them at [socialinvest.org](http://socialinvest.org)).

Conserve energy by using power strips (many electronics suck power. even when in "off"-but power strips in the "off" position don't).

Decorate responsibly by purchasing eco-Sensitive accessories (check out [vivaterra.com](http://vivaterra.com)).  
Buy low-VOC paint and donate the leftovers (find local reuse programs at [earth911.org](http://earth911.org)).

Fill up your freezer, since the fuller it is, the less energy it uses to keep food frozen.

Buy in bulk to avoid excess packaging.

Choose reusable instead of disposable products (diapers, razors, cups, pens).

Stop idling in your car.

Buy organic food (especially milk, meat, fruits and vegetables).

Collect rainwater and use it for landscaping.

Swap, don't buy (try [eBay.com](http://eBay.com), [craigslist.org](http://craigslist.org), and [freecycle.org](http://freecycle.org)).

Sign up for online banking to stop receiving paper statements.  
Donate old cell phones and help save the African gorilla ([eco-cell.org](http://eco-cell.org)).

Dress sustainably (try designers like Linda Loudermilk, Stewart + Brown, Edun).

Start composting.

Use organic beauty products.

Use natural-not artificial-fragrances.

Bring your own mug or thermos to your favorite coffee spot.

If you see litter, pick it up.

Purify indoor air with plants instead of artificial room fresheners.