

How can YOU make a difference?

When it comes to reducing your personal footprint, a few small changes to your daily routine can make a big impact.

What you buy and consume matters, and it directly affects the rest of the world. Ready to get started?

Below are 40 suggestions you can implement (if you haven't already!) to help move toward a greener future:

Food:

1. Buy local, organic, in-season produce whenever possible
2. Try eating plant-based a few days a week
3. Plan meals ahead and use a shopping list to avoid buying too much or making impulse purchases
4. Bring reusable bags to the grocery store—stash them in your car or by the door so they're always on hand
5. Drink from reusable water bottles—avoid buying bottled water
6. Bring the oldest food to the front of your cupboard, fridge, or freezer so it doesn't go to waste
7. Freeze leftovers or make them into a new dish
8. Try growing your own fruits, veggies, or herbs in your garden or on your balcony

Household:

9. Purchase goods from eco-friendly, sustainable companies
10. Buy paper products made from recycled goods
11. Look for biodegradable products (e.g., cleaners, kitty litter)—some of the things we use all the time have greener swaps
12. Swap single-use plastics such as Ziploc bags, saran wrap, and straws for reusable alternatives like silicone snack bags, beeswax wrap, and metal straws
13. Be mindful of what you throw away. Can it be donated? Can it be saved? Recycled? Upcycled? Composted? The dumpster should be the last resort
14. Fix and mend household items instead of throwing them away
15. Shop second-hand
16. Fix leaky faucets or toilets
17. Switch to LED lightbulbs
18. Wash clothes in cold water (and skip the dryer when you can)
19. Consider installing a programmable thermostat so your system isn't running (and wasting energy) when you're not home
20. Open a window for a breeze vs. turning on the air conditioner (or put on a sweater vs. cranking up the heat)

Personal care:

21. Green your beauty routine—switch to personal care and cosmetic products with ingredients that are friendlier on both the environment and your body
22. Try making your own lotions and potions using ingredients you can find in the kitchen
23. Use reusable washcloths instead of single-use makeup wipes and cotton balls
24. Switch to a bamboo toothbrush
25. Turn off the faucet while shaving and brushing your teeth

Transportation:

26. Can you walk or bike instead of driving?
27. Carpool or rideshare—even one car off the road makes a difference
28. Combine your errands—hit the school, grocery store, and doggie daycare in one trip
29. Keep tires properly inflated to improve gas mileage
30. Be sure to make the necessary repairs if your car fails emissions testing
31. Work from home when you can; even one day a week helps
32. Vacation locally—can you take a train vs. a plane?

Electronics:

33. Adjust your computer's power and sleep settings to save energy
34. Turn down the brightness of your monitor to 70%—it can save up to 20% of the energy the monitor uses
35. Unplug—save energy (and money!) by unplugging your electronics when you're not using them
36. Unsubscribe from unwanted emails—a single email can leave a 4g carbon footprint
37. Try an eco-friendly search engine like Ecosia—80% of their ad profit goes to planting trees
38. Take a streaming break—download your music or shows and watch them offline instead
39. Switch to rechargeable batteries
40. Go paperless and think before you print

