How to be more

environmentally friendly

(a step-by-step guide)

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1. start composting

Composting is super easy to do and it's free! Start by collecting the food scraps that are safe for composting, and designate a space or container where you will start your composting. It can take some time, so be sure to keep adding to it! Check out this article for more information: https://www.npr.org/2020/04/07/828918397/how-to-compost-at-home

2. use a clothesline

Using a clothesline to dry your clothes is more environmentally friendly than using a dryer, as dryers are often the third-most energy consuming source in the modern household. Using a dryer can also make your house warmer, forcing you to turn up the AC, using even more energy. It's also much cheaper, as they are not expensive, and they won't add to your electric or gas bill like a dryer

3. buy LED bulbs
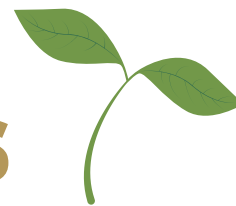
LED bulbs are around 80% more energy efficient, making them much better for the environment than regular bulbs. Regular bulbs contain mercury, which is a toxic chemical that can contaminate the environment when put in landfills. LED bulbs don't contain any hazardous chemicals, and don't contaminate the Earth as much when put in landfills. They are also cheaper compared to other bulbs!

4. use reusable bags

By using reusable grocery bags, you reduce the use of harmful plastic that is put into the environment. Plastic can take up to 1,000 years to breakdown in the Earth, and even when you try to recycle it, most of the time it doesn't end up in the right place. You would also be protecting wildlife, as around 100,000 marine animal deaths are caused by plastic.

5. conserve energy

Turn down the heat or air-conditioning when you leave the house. Heat and air conditioning use up an extreme amount of energy and not using this energy when you don't need to can substancially decrease your carbon footprint.

6. reduce your meat and dairy consumption

Animal Agriculture is the second largest contributor to global human greenhouse emissions after fossilsfuels. You don't need to become fully vegetarian or vegan to decrease your consumption. Simply cutting out a meal or two of meat and dairy can make a significant impact. A pound burger takes 425 gallons of water to produce. Not only does reducing meat consumption lower carbon emissions it also saves water.

7. use shampoo bars

Shampoo and conditioner bars are much more eco-friendly than their bottled versions.1 million plastic bottles are bought every minute around the world. Switching to bar versions of products will help to reduce the numbers of plastic bottles in the Earth. They are also smaller, which means they require less packaging products to ship, using even less plastic.

8. buy wool dryer balls

Instead of using dryer sheets, switch to wool dryer balls. Dryer sheets contain harmful chemicals that vent into the air and into our skin, that can be linked to serious health problems. They also tend to clog up your dryer's lint screen, making your dryer use more energy to run.

9. start a garden
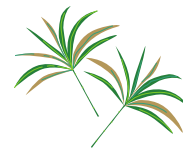
Starting a garden can be beneficial in multiple ways It can help you save money by being able to grow and eat your own foods. It's also healthier for you, as you know there are no preservatives or added chemicals, and you aren't purchasing from farmers who use those additives.

10. install solar panels

Installing solar panels may seem expensive, but the pros much outweigh the cons. First of all, it is a 100% renewable energy resource, and reduces oil, coal, and natural gas resources. It can also help to greatly reduce the utility bill and save money. You can also qualify for tax breaks. Solar panel costs have also fallen over the past few years, so now is the time to get some!

11. recycle plastic

Recycling plastic has many benefits, as it reduces energy use, reduces water and air pollution, reduces greenhouse gas emissions, and reduces the consumption of fresh raw materials. It's such an easy thing to do, and does so much for the environment!

12. use reusable water bottles

Using reusable water bottles does more than just replace and save plastic. It also takes less oil to produce and reduces your carbon footprint. It takes waste out of landfills, oceans, and streams. Plastic water bottles also contain harmful chemicals that can possibly leak into the water it holds.