



# St. Matthew Green Team

## 50 easy ways to care for creation

**1 Avoid single use products** such as plastic or Styrofoam cups, bottles, cutlery, straws.

**2 Use reusable bags for shopping.** Recycle plastic ones at most grocery stores.

**3 Refill a reusable water container** instead of buying bottled water.

**4 Ride a bike or walk** instead of driving.

**5 Buy fair trade products** that are ethically and sustainably sourced.

**6 Turn off the car engine** if sitting idle for more than 10 seconds.

**7 Use washable napkins** at meal times.

**8 Bring your own coffee mug** to the local café. Some even give discounts.

**9 Take part in a community garden.** Save unused water for plants.

**10 Carpool** with a group to an event.

**11 Buy only what you need.** Buy local. Buy ethical. Buy organic.

**12 Organize a neighborhood clean-up** on your street or community park.

**13 Choose energy-certified appliances** and products.

**14 Go to the library** instead of buying books, DVDs and CDs.

**15 Start a compost bin in your backyard.** It's easier than you think.

**16 Buy produce/goods with little or no packaging.**

**17 Rent a boat without a motor:** a kayak, row boat, canoe and get some exercise.

**18 Reduce junk mail by opting out.** Go paperless and subscribe online.

**19 Pick up litter when you see it.**

**20 Donate unwanted blankets, towels, pillows or stuffed toys** to an animal shelter.

**21 Water your grass** at cooler times of the day, such as morning or evening.

**22 Minimize water use** when brushing teeth, cleaning and washing dishes.

**23 Be mindful of animals and their habitats** when exploring the outdoors. Do not touch or remove them.

**24 Ban Styrofoam.** It contains a known carcinogen. Use plant-based products.

**25 Plan a volunteer or ecologically-focused vacation.**

**26 Buy wood products, cards and paper** FSC certified or responsibly sourced.

**27 Buy fresh, local, unpackaged food** with real ingredients and no chemicals.

**28 Take unwanted clothing** and other items to a donation center.

**29 Recycle used electronics and video games** at Best Buy. Bestbuy.com/recycle.

**30 Have a picnic** with reusable plateware and utensils and cloth napkins.

**31 If you can't recycle it,** don't buy it.

**32 Avoid gas spills, yard chemicals and other street run off** that goes into storm drains and ultimately into lakes and rivers.

**33 Donate unwanted furniture** to a refugee center or Restore. Habitat.org/restores.

**34 Dispose of hazardous cleaning agents, oils and paint at** Hazardous Drop Off or Recycle Center.

**35 Repurpose used hand wipes** for house cleaning chores.

**36 Buy from companies** with eco-friendly, sustainable and ethical practices.

**37 Buy free-range eggs or local farm eggs, meat and even milk.** Check out local delivery options from local farms.

**38 Donate unused paint** to a school or charity project. Dispose of properly, not in sinks or drains.

**39 For Halloween and costume parties,** **make your own** with vintage or borrowed items.

**41 Supply a recycle bin** at your next community event.

**42 Use natural wrap, reusable fabric or recycled material for wrapping gifts.** Avoid metallic décor paper; it's not recyclable.

**43 Frequent restaurants that offer fresh foods from local farms.** Visit Eatwell-guide.org.

**44 Try a mixture of vinegar and water with lemon** for a fresh biodegradable cleaning agent.

**45 Subscribe to Earth911.com** for the latest news on recycling.

**46 Recycle or dispose of batteries properly;** they may have toxic contents.

**47 Buy plates, cups and utensils** made from earth-friendly, sustainable or plant-based materials.

**48 Recycle old appliances, vacuum cleaners, answering machines** and more at your electric retailer.

**49 Take baths less frequently** and shorten your shower time.

**50 Calculate your ecological footprint** on the planet at earthday.org/footprint-calculator.

*Please recycle this flier or take a photo on your smart phone to share.*

