



## 15 Green Ideas for the Family

### **1. Think and act “recycled”.**

When you shop, look for labels indicating the product is made from recycled materials. Also, become a recycling family by saving plastics, paper, cans and other recyclable products. Contact your city for information on how to recycle.

### **2. Use and Reuse. Look for ways to use things twice! We discard some of the best and most fun items in the house. How about these:**

- a. Save crayon stubs and place them in a muffin tray and bake at 300 degrees for five minutes. When cool, you have a creative new crayon to use.
- b. Save egg cartons and use them again for crafts and creative holders, junk drawer organizers. Only your imagination limits what an empty egg carton can be used for.
- c. Take empty clean glass jars and use them again for storage, potpourri gifts, candleholders, food pantries, and children’s toys. Top with decoration for fun!
- d. Coffee cans make great containers in your husband’s shop or mixing cans for paint or other projects. Put them to reuse!

### **3. Think small. Pick one or two energy saving ideas and start small by *actually doing them*. Often the toughest thing is to begin, so start with a small step. Big steps will follow. Here are some “small steps”.**

- a. Buy a pack of energy efficient light bulbs and use them in the house.
- b. Use one cheap but efficient cleaning alternative, like mixing vinegar with three parts water for your cleaning solution instead of buying a commercial brand.
- c. Turn down the thermostat two degrees this winter and see if anyone notices!
- d. Use rags instead of paper towels when you clean.

### **4. Plant something useful and watch it grow into a family resource.**

This could be some herbs in a pot in your window or a little patch of tomatoes somewhere in the yard.



**5. Work smart around the house.**

*Smart* means minimizing effort and maximizing results. An example is filling the washer with water and detergent first before adding the clothes. They will clean better. Use a baking soda paste to clean silver. What else can you think of to work smart?

**6. Plan menus before you go shopping.**

This small step will save you time and money.

**7. Go through storage areas and discard or give away duplicates of things that you have somehow accumulated.**

Do you really need two of those these things?

**8. Discard things you have not used in a year.**

That includes clothes! You will begin to live more simply.

**9. Remember the “3 R’s of Green Living”: Reduce, Reuse and Recycle.**

Apply the rules whenever possible.

**10. Train your family to follow and respect the “3 R’s of Green Living”.**

You multiply the effect when others join you in this adventure.

**11. Freshen a room in your home.**

“Freshen,” means cleaning, making fragrant and perhaps even removing unneeded furniture or fixtures. Think fresh.

**12. Minimize water usage in your home.**

That means water efficient showerheads and toilets, of course, but maybe also rules about the length of showers.

**13. Learn to drive green.**

That means making sure the tires are inflated at the correct tire pressure and avoiding fast acceleration. Plan your errands in sequence and save gas.

**14. Shop for energy efficient appliances when the day comes to replace something.**

Look for the energy rating on the appliance and learn what the rating means.

**15. Celebrate the small successes.**

As you make progress in your efforts to become greener, be sure and celebrate! Maybe use a white board (erasable) to list the little victories of the week for the whole family to see.

