



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 retail stores that accept them.
- 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.

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