

Sea and Sage Audubon Society, Tackling Climate & Trash Subcommittee
Steps toward living a more environmentally friendly way

Aim	Steps
Minimize single use plastics	<ul style="list-style-type: none"> • Use reusable grocery bags • Stop/reduce the use of zipper storage bags • Avoid plastic cutlery
Decrease water use	<ul style="list-style-type: none"> • Use a shower bucket to collect cold water while the shower is heating up; add the contents to a toilet tank after flushing • Switch your shower to a low flow shower • Run your dishwasher and washing machine only when full
Reduce trash	<ul style="list-style-type: none"> • Look for ways to reduce what you throw away • Switch to reusable/rechargeable batteries instead of traditional batteries • Minimize single use items like paper plates, paper cups, paper towels, and paper napkins (use cloth!)
Waste less food and buy local to minimize food transportation	<ul style="list-style-type: none"> • Plan before you buy groceries • Use perishables and leftovers quickly • Be transportation aware – buy local or choose products shipped shorter distances
Reduce packaging	<ul style="list-style-type: none"> • Don't forget your reusable bags! • Buy produce items loose, not packaged, and bag them in your own reusable bags • Buy in bulk
Be “eco-smart” about prepared and to-go foods	<ul style="list-style-type: none"> • Decline cutlery, plates, and napkins • Avoid single-serve condiments • Plan picnics etc. with reusables • Carry reusable containers for restaurant leftovers • Separate and recycle anything you can!
Reduce energy use – in your house and in your car	<ul style="list-style-type: none"> • Switch lightbulbs to LED • Choose energy-efficient appliances • Change from gas to electric or magnetic induction appliances • Change to a heat pump system for heat and A/C • Add insulation, seal cracks, install double-paned windows • Carpool when possible and avoid backtracking • Need a new car? Consider electric, plug-in hybrid, hybrid
Reuse your “trash”	<ul style="list-style-type: none"> • Adapt items to new uses • Consider creative upcycling and crafts • Share with the needy • Give usable items to a local “Buy Nothing” group
Garden in an eco-friendly way	<ul style="list-style-type: none"> • Develop a waterwise garden • Grow some of your own food • Begin composting or vermiculture • Install rain barrels • Plant native species • Create garden habitat for birds and insects
Become involved	<ul style="list-style-type: none"> • Support wetland, land preservation and restoration projects • Promote environmental legislation