

# Activities that lead to a green home

## Kitchen

Have a recycle trash can

Avoid excessive hand washing of dishes

Use Biodegradable detergents that will not pollute the water system

Many choose vinegar as a cleaning agent. Be aware that:

1) Some vinegars are made with petroleum products. Go for a natural vinegar if you choose this route.

2) The EPA has determined that vinegar is not an effective disinfectant.

**Dishwasher Detergent** – cardboard containers are more easily recycled than the plastic that most come in.

**Paper Towels** – use fewer of these

**Cloth Napkins** – use them as much as possible.

**Under cabinet Lights** – Replace with LED's.

**Stove top** – Consider going to an Induction Stove (electric) (incentives available).

**Avoid Palm Oil Products** – Palm oil is a huge driver for deforestation around the world. [8 things to know about palm oil | WWF](#)

**Reduce Red Meat** –. If you eat it, look for local sources. Try to eat chicken and turkey more. [Bad, Better, Best: The Climate Impact of Meat - Earth911](#) Also try not to buy dog food that has beef in it.

**Plastic Bottles** – take your refillable water bottle with you and not use plastic water bottles. Try to buy beverages in aluminum bottles or cans instead of plastic bottles. And reuse the metal bottles.

<https://www.homesandgardens.com/kitchens/sustainable-kitchen-ideas>

<https://eating-made-easy.com/12-ways-you-can-save-the-earth-in-your-own-kitchen/>

## Bathroom

Use Biodegradable cleaners that will not pollute the water system.

Turn off the water faucet while brushing your teeth.

Get a timer for your shower to help cut water usage.

## Laundry Room

**Clothes Detergent** – The cardboard containers are more easily recycled than the plastic that liquid or pods come in.

Look for biodegradable detergent that does not pollute the water system.

**Clothes Temperature** – Try washing in cold water only.

**Drying** – Try to dry outside or on a rack. Consider a wood, collapsible drying rack.

## Bedroom

**Clothes** Most clothes end up in a landfill even if you take them to Goodwill.

Look for a way to recycle them. There are several options to get bags sent to you that you return with your clothes. [Your guide to recycling clothes in 2023 |](#)

[CNN Underscored](#)

## Livingroom/media room

**Lights** –Replace lightbulbs with LED's. Turn off lights when no one is in the room.

**Electronics** – Turn off the TV when no one is watching it.

## Office

**Bills** – Get bills and statements online. Pay bills online.

**Investing** – Ask your financial planner to search for ways to not be invested in Fossil Fuel companies.

Support and invest in companies that are conscious of the environment and climate change.

## General Home

**Green Electricity plan** – Get your electricity from a 100% Renewable Energy plan.

**Windows** – Evaluate your windows for efficiency. Open windows whenever feasible. Draw down shades in summer to keep sun and heat out.

**Heating** –consider a Heat Pump if you don't have one. (Incentives available). Heat pumps also provide cooling. Heat pumps are more efficient and have lower monthly bills than gas or electric.

**Ceiling Fans** – Turn fans on to circulate the air instead of your AC.

**Dusting** – avoid 'dry dusting' to keep pollutants from going airborne.

## Garage

**Battery Powered Lawn Mower** – no gasoline mess and it starts every time.

**Battery Powered Chain Saw, leaf blowers and other power tools** –

**Electric Vehicle** – Consider the benefits of EV and or hybrids.

## **Patio/Lawn**

### **Compost**

collect compost (coffee grounds, tea bags, banana peels, extra cuttings from beans/celery/lettuce, etc.) in a bucket under the sink.

If you have space, start a compost pile or bin outdoors. Take the bucket to your pile or bin or to a composting facility. You may use compostable bags to collect the compost. Composting reduces your garbage by about 30%. Decomposition of materials in landfills releases methane. By composting you are reducing emissions.

**Organic** - Buy Organic Foods for 2 reasons–

1-Organic food is better for you because it contains fewer chemicals/pesticides [Family eats organic for just two weeks, removes nearly all pesticides from body \(smh.com.au\)](http://smh.com.au)

2- Organic farming means we will have fewer chemicals running off fields and killing fish.

**Plastic Containers** – Use plastic containers instead of Ziplock Bags whenever possible. Even better, use sealable glass containers. When you have to use a Ziplock bag, wash it. There is a bag washing rack available. [Amazon.com: Floworks' Elegant Wood Bag Dryer for Plastic Bags - Plastic Bag Dryer Rack Kitchen Organization - Foldable & Hangable Plastic Bag Drying Rack - Food Plastic Bag Dryer Stand - Reusable Bag Drying Rack](http://Amazon.com)

**Take out** – go to restaurants that have re-usable plastic containers or compostable “cardboard” containers.

**Straws** – Get a re-usable straw. Put it in the car so you can use it when you take out drinks.