

GREEN LIVING

30 DAYS TO A GREENER YOU (AND WORLD) CHECKLIST

- Day 1: Print this checklist on recycled paper.
- Day 2: Contact your waste disposal company and obtain paper and glass/plastic recycling bins.
- Day 3: Install a programmable thermostat; set it depending on when and how the house is occupied.
- Day 4: During winter, lower your programmable thermostat by one or two degrees; during summer, raise it one or two degrees.
- Day 5: Now that you have your recycling bins, print the Green Living, Recycling and Hazardous Waste checklist and check off the items accepted by your waste disposal company. Post it where the whole family can see. (see [Green Living, Recycling and Hazardous Waste Disposal Checklist](#))
- Day 6: Contact your waste disposal company and see if they recycle landscape materials (leaves, branches, weeds); if they don't, ask them to!
- Day 7: Purchase landscape recycling bags from your hardware or home store.
- Day 8: Place all your cuttings and landscape debris in your landscape recycling bags and place at your curb or call for a pickup. Or start a compost system in your backyard.
- Day 9: Purchase reusable "green" bags – enough for your normal grocery shopping trips; put the green bags in the automobile that you use when you shop for groceries.
- Day 10: Caulk and seal leaks and cracks in windows and doors.
- Day 11: Is the post office, bank or library close to your home? Ride your bike.
- Day 12: Use your green bags at other stores (maybe they'll get the hint).
- Day 13: Time to paint? Paint your walls with non-VOC paint.
- Day 14: Collect rainwater in a barrel or container and use it for watering plants (or washing your hair!).
- Day 15: Use your bathroom towels more than once before washing. If you're traveling, use your bathroom towels more than once before requesting new ones.
- Day 16: Plan your errands so you use less gasoline. Save your errands for one day and do them in a circular route. (see [Miscellaneous/Other, Blank Checklist](#))
- Day 17: Clean out your house and donate (recycle) items to a charity.
- Day 18: Purchase plants that take less water to grow and add these green plants to your yard.
- Day 19: Change your light bulbs from incandescent bulbs to fluorescent bulbs. What a bright idea!
- Day 20: Check your air filter(s) and replace per manufacturer's schedule.
- Day 21: Get a free home energy audit from your electric (utility) company.
- Day 22: Run your dishwasher only when full, run on energy saver programs and use phosphate-free dishwasher detergents.
- Day 23: Run your washer only when full or use settings that automatically select water level.
- Day 24: Shut the water off while brushing your teeth.
- Day 25: Set up a carpool for driving to work or taking kids to and from school.
- Day 26: Install low flow showerheads.
- Day 27: Walk around all day saying "Reuse, recycle, reduce" to everyone you meet.
- Day 28: Check the energy guide labels on all your appliances; know where to improve when the time comes to purchase new ones.
- Day 29: Dispose of batteries, paint and other hazardous waste at your local hazardous waste site.
- Day 30: Purchase and use green cleaning products. (see [Green Living, Green Cleaning Supplies Checklist](#))