Green Tips for April and May

1. Look up “environmental impact” of an item before buying. Pull out your phone and search for “environmental impact of \_\_\_”. You might find some new information.
2. Shampoo and conditioner bottles use energy to produce and recycle. Try bar shampoo and conditioner to reduce energy and packaging. You may even find some locally made.
3. Remember the 3 Rs? Now there are at least 6: Refuse, Reduce, Reuse, Repurpose, Rot, and Recycle. And how about Recharge, Refill, and Rethink?
4. Try the search engine, “ecosia.org” instead of Google. Eighty percent or their ad revenue goes directly to planting trees that sequester CO2. The results should be similar to a Google search.
5. Sign up for “Today We Will” (todaywewillnewsletter.com) for daily e-mail tips to live more sustainably. It’s a not-for-profit newsletter.
6. Choose “no rush” or at least “two-day” delivery when shopping online, if possible. Expedited shipments cause fewer combined deliveries which means more trips and emissions.
7. Choose bar soap over body wash. About 2 billion bottles of body wash head to landfills in the U.S. every year. Reduce plastic waste.
8. When buying a takeout lunch, consider a sandwich instead of a salad. It usually means less plastic packaging, and no plastic utensils.
9. Letting your car idle wastes gas and causes environmental damage. Turn your car off if you are going to be parked more than 30 seconds. Ten seconds of idling may burn more fuel than turning off and restarting the engine.