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|  | Find some reusable bags & keep them EVERYWHERE (car, stroller, get some that [**roll up tight**](https://www.amazon.com/flip-tumble-Reusable-Eggplant-Slate/dp/B0028K2SUA) and keep in your handbag) |
|  | **REDUCE:** use 1 paper towel instead of 3, print double-sided, etc. **REUSE:** take a look at what you’re about to throw out and determine if it can serve a second purpose.  **RECYCLE:** Know what [**can and can’t**](https://lifehacker.com/what-you-can-and-cant-recycle-1797603814) go in the bin (contact your municipality or service for specifics of their processing) |
|  | Walk or bike when you can. In the ‘burbs, walk across the street or to the other side of the shopping center instead of driving. |
|  | Develop a habit of bringing your refillable water bottle/coffee mug! Need a new one? Opt for BPA-free stainless steel or glass. You only need one per person, and you pay for what you get. A quality container will last decades |
|  | While you’re at it, buy a [**charcoal filter**](https://kishucharcoal.com/shop/) for that reusable bottle so that you can always refill and [**know it’s been purified**](http://all-about-water-filters.com/guide-to-charcoal-water-filters/) |
|  | Install and set a programmable thermostat and participate in your energy provider’s savings programs |
|  | Print less – do you really need a paper copy? Can it be printed double sided? Be sure to change to recycled paper and ink in recycled cartridges |
|  | Use [**PaperKarma**](https://www.paperkarma.com/) to stop annoying junk mail and flyers! |
|  | Do you read those magazines? If not, cancel the subscription and collect your refund for remaining issues. If so, tear off your address label and donate them to the library or your doctor’s office |
|  | STOP. GETTING. PAPER. BILLS. It’s time to go paperless. MOM! |
|  | Take the stairs instead of the elevator or escalator |
|  | Conserve water – turn it off while you brush, don’t let it run so long before you get in the shower or do the dishes |
|  | Turn your computer off EVERY TIME you are done with it |
|  | Change the setting on your dishwasher. Heated dry off. Open the door and let them air dry overnight! |
|  | Ask for no lid/no straw when you order a to-go beverage (and you forgot your cup) |
|  | Start saying “no, thank you” to all the free stuff and giveaways you don’t need – promo items, flyers, sample sizes, etc. |