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|  | Use [**PaperKarma**](https://www.paperkarma.com/) to stop annoying junk mail and flyers! |
|  | **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) |
|  | Buy hard furniture & housewares from resale shops |
|  | Upgrade your water bottle/coffee mug to BPA-free stainless steel or glass, and purchase a [**charcoal filter**](https://kishucharcoal.com/shop/)to refill from anywhere |
|  | Ditch paper napkins and upgrade to cloth. Buy on the cheap at resale shops and toss them in the laundry after use |
|  | Transition your food storage. Substitute mason jars (so many sizes!) for plastic Tupperware, [**beeswax wrap**](https://abeego.com/) for saran, and [**silicone storage bags**](https://www.blueavocado.com/) for plastic |
|  | Try to buy local and organic foods, buy shares in a [**CSA program**](https://www.localharvest.org/search.jsp?jmp&scale=7&lat=41.885143&lon=-87.62599&ty=6), grow your own herbs. Slightly reduce your meat consumption (start by trying 1-2 meatless days in a week – no poultry, pork or beef) |
|  | Start transitioning out candles and air fresheners as they deplete. Instead, try clean burning/non-toxic candles, or a reed diffuser with essential oils |
|  | Wash EVERY load in cold water (even greasy chef’s clothes still come clean). Substitute wool dryer balls for fabric softener. |
|  | Lower the thermostat default temperature on your water heater |
|  | Make sure all of your electronics are plugged into a power strip, and turn it off before bed and before leaving the house |
|  | Install motion sensors for your outdoor lights |
|  | Stop buying disposable razors or blades. Try a [**safety razor**](https://www.westcoastshaving.com/), and start recycling the blades and packaging (saves $$ too!) |
|  | Start composting! Your food scraps will make some amazing soil! Don’t want to put in the work? Google search composting service near me and see if a service can pick up your food waste. |