

Sustainability Checklist

Your personal guide to greener living

Home Energy

- Switch to LED bulbs throughout your home
- Seal windows and doors to prevent drafts
- Set thermostat 2 degrees lower in winter
- Unplug devices when not in use
- Consider solar panels or green energy provider
- Wash clothes in cold water
- Use a clothesline instead of dryer when possible

Water Conservation

- Fix leaky faucets promptly
- Install low-flow showerheads
- Take shorter showers (under 5 minutes)
- Run dishwasher and laundry only with full loads
- Collect rainwater for garden use
- Turn off tap while brushing teeth

Waste Reduction

- Bring reusable bags to every store
- Start a compost bin for food scraps
- Buy in bulk to reduce packaging
- Replace paper towels with cloth alternatives
- Repair items instead of replacing
- Carry a reusable water bottle and coffee cup

Food and Diet

- Plan meals to reduce food waste
- Buy local and seasonal produce
- Reduce meat consumption (try Meatless Mondays)
- Grow herbs and vegetables at home
- Store food properly to extend freshness
- Support farmers markets

Transportation

- Walk or cycle for trips under 3km
- Use public transport when available
- Combine errands into single trips
- Consider carpooling to work
- Maintain proper tire pressure for fuel efficiency

Shopping and Fashion

- Buy secondhand when possible
- Choose quality over quantity