

Transportation

If you drive a car, drive less.
Ride your bike to school or work.
Ride the bus.
Walk to school.
Get a job closer to home.
Never fly again.
Take the 2 Mile Challenge at
www.twomilechallenge.com
Drive the speed limit.
Don't drive faster than 60 mph.
Turn the engine off when you're not
driving.
Get a hybrid car.
Carpool to school.
Keep your tires inflated.

Food

Eat organic.
Buy local.
Grow your own vegetables.
Eat a PBJ (www.pbjcampaign.org)
Learn to can vegetables.
Become a beekeeper.
Become vegan.
Learn to make jams and jellies.
Move to a plant-based diet.
Don't eat foreign foods.
Raise your own chickens.
Buy milk in reusable bottles from a
local dairy.
Learn to make soups and sauces.

Clothing

Buy used clothing.
Trade clothes with friends.
Buy at yard sales.
Consignment shop.
Learn to knit.
Learn to sew.
Buy a loom.

Make your own clothes.
Buy clothes made with organic
cotton.
Buy locally made clothes.
Buy hemp clothes.

At Home

Ask you parents for a hand-crank
blender.
Use a hand-crank flashlight.
Make homemade paper.
Reuse jars and bottles.
Use rags instead of paper towels
Use the Sunday comics to wrap
presents.
Preheat your oven only 10 minutes
or less.
Allow hot food to cool before it goes
in the fridge.
Learn to tolerate the cold and heat.
Open blinds in winter.
Close blinds in summer.
Wear more layers of clothing in
winter.
Wear less clothing in the summer.
Use a down comforter.

Plant deciduous trees on the south
side of your house.
Plant evergreen trees on the north
side of your house.
Flush your toilet less.
Boycott plastic items.
Read library books.
Rent instead of buy, videos,
equipment.
Use low-flow showerheads.
Take a shower instead of a bath.
Take a shorter shower.
Put a brick in you toilet tank.
Use a handkerchief.

Boycott disposables.
Use compact fluorescent bulbs.
Dine by candlelight.
Use cloth grocery bags.
Turn appliances off when not in use.
Trade your desktop computer for a
laptop.
Eliminate phantom loads with a
power strip.
Turn off lights when you leave the
room.
Use natural lighting.
Wash your clothes only when they
are dirty.
Wash your clothes in cold water.
Only wash full loads.
Hand wash some of your clothes.
Use a clothesline.
Don't use duct tape.
Use soy candles.
Use rechargeable batteries.
Turn your thermostat down by 2
degrees in the winter.
Turn your thermostat up by 2
degrees in the summer.

Entertainment

Learn to play a musical instrument.
Join a contra dance group.
Play cards and board games.
Visit with neighbors.
Walk to the movie theater.
Make friends with your neighbors.
Have regular neighborhood pot luck
dinners.
Have regular block parties.

Education

Talk to people about sustainable
energy.

Write letters to the editor about
sustainability.
Take courses at the Passionist Earth
& Spirit Center.
Read books about the global
warming and peak oil.
Call your Metro Council
Representative.
Write to Mitch McConnell.
Write to John Yarmuth.
Teach by example.

At School

Ask the principal if your school has
had an energy audit.
Start a recycling program.
Start or join the ecology club.
Ask your science teachers about the
effects of global warming.
Turn off computers at night.
Push for solar panels.
Recycle those water bottles.
Use a reusable bottle instead.
Recycle used paper.
Recycle soft drink cans.
Turn off lights when you leave a
room.
Organize a swap event for Prom
dresses.
Have a school yard sale.
Get your cafeteria to use reusable
dishes.
Get bike racks installed.
Start a school garden.
Start a school compost pile.
Get your teacher to hold class
outside.
Plant trees around your school.
Have a sustainability fair.
Have class in natural light.

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