

# HOW TO MAKE YOUR LIFESTYLE MORE ECO FRIENDLY

*Being eco-friendly is not about to bring change in your lifestyle. It is not about to shell out loads of money and sacrifice your day to day living. It, in fact, can be done with just a modest change that you'll barely notice. Day-to-day actions will make you environmentally-friendly that not only help the environment, but you can benefit financially, mentally and physically as well.*

*Here are very simple steps to make life more eco-friendly.*

1. Buy second hand items rather than new.
2. Carry reusable or canvas bags.
3. Change a Light Bulb and Change the World.
4. Combine multiple errands into one trip.
5. Cut down on processed foods, meat and fish.
6. Do a home energy audit.
7. Don't let water run while washing.
8. Don't use microbeads.
9. Donate items no longer need or use.
10. Eat Locally Grown Food.
11. Explore Renewable Energy Options.
12. Fix any leaky faucets to prevent water waste.
13. Freeze food before it goes bad.
14. Get a reusable water bottle.
15. Get energy-efficient appliances and electronics.
16. Get a bit of sunlight and fresh air every day.
17. Get rid of chemical cleaners.
18. Get rid of one-use items (like -disposable razors, diapers, plastic ware etc.)
19. Go for carpool.
20. Go paperless and pay electronically.
21. Grow your own food if feasible.
22. Hang clothes on a clothesline to dry.
23. Landscape your own yard with native plants.
24. Make your own natural lotion, shampoo, skin masks and cleansers.
25. Open blinds to let in natural light.
26. Open windows to let in fresh air.



27. Plant a tree.
28. Print documents as little as possible.
29. Recycle bottles, cans, newspapers, etc.
30. Reduce your food waste.
31. Replace old electronic/electrical products with energy-efficient devices.
32. Reuse Waste Water from Reverse Osmosis (RO) Filter
33. Run the dishwasher or washing machine when it is fully loaded.
34. Think about alternative energy- Solar, Wind..
35. Say no to junk mail.
36. Set the thermostat 1-2 degrees lower.
37. Start Composting.
38. Start or contribute to a community garden.
39. Take shorter showers.
40. Turn off lights when not in use.
41. Turn off water when brushing teeth.
42. Turn old T-Shirts into “new” cleaning rags.
43. Unplug everything.
44. Use Public Transportation.
45. Use leftover food to make a meal.
46. Use reusable containers at home.
47. Use waterless car wash to wash a car or bike.
48. Walk or ride bike.
49. Wash clothes using cold water.
50. Work from home one day a week.



*There are many more simple ways to make life more GREEN. These little steps will make life more environmentally-friendly!*



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