

77. Vote for candidates who support Green values
78. Write letters to your representatives
79. Become involved with your child's school
- 80. Encourage your child's natural talents and interests**
81. Organize or join a neighborhood toy co-op
82. Put toxic substances out of reach of children
83. Teach your children ecological wisdom
84. Listen to their needs and support their dreams
85. Communicate openly with your friends and co-workers
86. Acknowledge someone who provides quality service
87. Work to understand people with different views
88. Be conscious of the struggles of oppressed people
89. Work to unlearn cultural sexism and racism
- 90. Acknowledge spirituality in yourself and others**
91. Donate blood if your health permits
92. Explore ways to reduce the stress in your life
93. Practice preventative health care
94. Exercise regularly and eat nutritious foods
95. Bring music into your life
96. Learn about the medications you put into your body
97. Practice responsible family planning
98. Learn first aid and emergency procedures
99. Take time to play, relax, and go into nature
100. Decrease TV-watching and increase creative learning
- 101. Have fun and be joyful**

Living Green

101 Green Things You Can Do

Green values are not just guidelines you use once every few years in deciding how to vote; they are things you can live by every day.

This list is for those who have the "Green spirit" and want to incorporate it further into our lives.



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- 1. Recycle newspaper, aluminum, glass, and tin**
2. Recycle motor oil
3. Use cloth diapers
4. Reuse egg cartons and paper bags
5. Avoid using styrofoam---it can't be recycled
6. Avoid disposable plates, cups, and utensils
7. Use rags instead of paper towels
8. Use paper bags, not paper towels, to drain grease.
9. Recycle unneeded items
- 10. Use the back of discardable paper for scratch paper**
11. Be responsible and creative with leftover food
12. Use the water from cooking vegetables to make soup
13. Mend and repair, rather than discard and replace
14. Invest in well-made, functional clothing
15. Buy bulk and unpackaged rather than packaged goods
16. Purchase goods in reusable or recyclable containers
17. Buy organic, pesticide-free foods
18. Buy foods without additives or preservatives
19. Use non-toxic pest control
- 20. Compost your food scraps**
21. Grow your own food (even small kitchen gardens!)
22. Volunteer to start or help with a community garden
23. Eat foods from low on the food chain, not meat
24. Avoid highly processed foods
25. Support food co-ops
26. Discover where the food and goods you buy came from
27. Buy locally grown produce and other foods
28. Volunteer to maintain local parks and wilderness
29. Buy living Christmas trees
- 30. Plant trees in your community**
31. Learn about the plants and animals in your region
32. Learn about the cultural diversity of your bioregion
33. Explore and learn about your bioregion
34. Discover your watershed and work to protect it
35. Oppose the use of roadside defoliant in your area
36. Use non-toxic, biodegradable soaps and detergents
37. Put in a water-conserving shower head
38. Learn where your waste and sewage goes
39. Keep hazardous chemicals in spillproof containers
- 40. Turn off the water while you brush your teeth**
41. Put a water conservation device in your toilet tank
42. Shop by phone first, then pick up your purchase
43. Learn where your home energy comes from
44. Support your local utility's conservation program
45. Hang your clothes out to dry
46. Be sure your home is well insulated
47. Weather-seal your home thoroughly
48. Heat your home responsibly, with renewable energy
49. Don't burn green wood
- 50. Put a catalytic converter on your wood stove**
51. Turn off lights when not in use
52. Turn down your hot water heater
53. Lower your thermostat and wear warmer clothes
54. Take shorter showers
55. Buy energy efficient electrical appliances
56. Drive a fuel efficient car
57. Conserve gas by walking, bicycling, and carpooling
58. Use rechargeable batteries
59. Research socially responsible investments
- 60. Support local credit unions**
61. Support local shops and restaurants, not chains
62. "Adopt a grandparent" from the local senior center
63. Volunteer to cook for senior citizens
64. Hold a community potluck to meet your neighbors
65. Volunteer to help with neighborhood children
66. Pick up litter along highways and near your home
67. Sponsor a clothes swap
68. Become involved with community projects and events
69. Organize or participate in community sports
- 70. Speak out about your values in community groups**
71. Participate in sister city and cultural exchanges
72. Educate yourself on global and "third world" issues
73. Support politically active groups
74. Spend time visualizing global peace
75. Learn how your senators and representatives vote
76. Be an active voter---attend "Town Meetings"