

Be The Solution!

Little Changes Go a Very Long Way!

What can we do to stop Global Warming? Well, not everyone can trade their old car for a hybrid, but that doesn't mean we can't do simple things around the house and in school that can have a big impact. Try a few of these solutions — you'll be surprised at the results! Not only do these tips prevent Global Warming, many save money too! Saving money and the Earth at the same time? Am I dreaming? So not!

(Special thanks to Rebecca Lo Presti for the use of this list, which she created for her Independent Study Project on Global Warming.)

100 Simple Solutions

1. **REDUCE, REUSE, RECYCLE**
2. Borrow books, movies, and music from the [Burlington Public Library](#) instead of buying your own copies
3. Use cloth napkins
4. Make reusable cleaning rags out of old towels instead of using paper towels
5. Use reusable shopping bags
6. TURN OFF LIGHTS WHEN NOT IN USE
7. Walk to nearby errands and/or bus stop
8. [Use a water bottle instead of buying individually bottled water](#)
9. Car pool to school activities and/or work
10. Ride the school bus
11. Use a clothesline to dry your clothes
12. Sign up for [e-newsletters](#) and pay bills online
13. Turn off water when brushing teeth or shaving
14. Take shorter showers
15. Take showers instead of baths
16. Wash large loads of laundry, not small
17. Use both sides of paper
18. Use printer paper made with recycled fiber
19. Put on another layer of clothes instead of turning up heat
20. Turn down heat at night and when you're not home
21. Consolidate errands so you don't use car as much
22. Turn off video games and PLAY OUTSIDE
23. Unplug small appliances when not in use
24. Use hand-operated appliances like can openers, pencil sharpeners, screw drivers etc.
25. Reuse plastic ware and plastic cups at parties
26. Plant a tree
27. Buy locally grown food
28. Reduce margins when you print, to about 1/2" instead of 1"
29. Keep shades open in winter at the sunniest point of the day; no need for the heat to be turned up
30. Keep shades closed in summer at the sunniest point of the day; no need for the air conditioner to be turned on
31. Run washing machine and dishwasher earlier or later in the day



32. Ride a bike
33. Print fewer copies
34. Use [reusable containers](#) instead of Ziploc/sandwich bags for lunches
35. Compost
36. Buy toys and clothes made with recycled products
37. **SPREAD AWARENESS**
38. Save old jars and boxes and instead of throwing them away, use them to hold items



39. Eat less meat and more vegetables
40. Use only one paper towel to dry your hands with in public restrooms
41. Don't buy things that come with a lot of excessive packaging
42. Use public transit when you can
43. [Encourage your family to join a Community Supported Agriculture \(CSA\) Farm](#)
44. Use biodegradable or flushable cat litter
45. Don't print things from the computer unless you have to
46. Let you hair dry naturally a couple of times a week instead of blow-drying it



47. Don't buy things you're not going to actually use
48. Use fewer power appliances to do yard work - use a manual push mower, clippers, rake instead of a leaf blower, etc.
49. [Do craft projects using recycled materials](#)
50. Hang heavy curtains over your windows in the winter to retain heat



51. Put weather stripping on your doors to reduce heat loss
52. If you need to wrap food in something "disposable", use aluminum foil rather than plastic wrap - foil can be recycled.
53. Insulate your windows in the winter if they're drafty
54. When your family needs to buy new appliances, buy ones that are [Energy Star](#) rated
55. Do laundry in cold water instead of hot or at least make sure your rinse cycle is cold
56. Use fans in the summer instead of air conditioning
57. Turn down the temperature on your water heater so you aren't heating the water quite so hot (this is also safer in houses with kids!)
58. Eat whole foods because there is less processing involved
59. Use compact fluorescent bulbs
60. Use rechargeable batteries
61. Use the Sunday comics paper for wrapping paper
62. Make sure your tires are properly inflated to increase gas mileage
63. Reuse your paper clips
64. Give clothes you don't want anymore to [Goodwill](#)
65. Shop at consignment shops, thrift shops, and Goodwill, especially for items that will only be worn once like formal wear or costumes for plays.
66. Change your energy supplier to a company (such as Community Energy, Inc.) that generates all of its electricity with renewable power sources
67. Send [e-vites](#) instead of paper invitations
68. Go organic with food choices
69. If you have to use paper products, buy white or even better, unbleached ones
70. Practice xeriscaping, which simply means using trees and plants that are native or indigenous to the region you live in because they need less watering



71. Use natural cleaners like vinegar with water for window cleaner, and vinegar and baking soda as an abrasive for tough stains on pots and pans
72. Plant a vegetable garden
73. Cut up old one-sided fliers and school notices to make note paper for shopping lists
74. Recycle old cell phones, electronics, and household hazardous wastes responsibly at [collection sites](#) run by your local community
75. Switch off your computer monitor when not in use – it uses twice the energy of your actual PC
76. Use the stairs instead of an elevator
77. If you have to use paper towels, use the select-a-size kind and use the smallest amount possible
78. Use a digital camera and print the pictures you only REALLY need
79. Don't drive to places unless you really need to
80. On bright, sunny days, don't turn on the lights in the rooms
81. Fix [leaky faucets](#) (Check out the bottom of the linked page to see how much water a leaky faucet wastes.)
82. Add the following footer to your emails: **Save a tree. Please consider the environment before printing this email.**
83. Eat leftovers
84. Buy extra large bottles of hand soap instead of buying individual smaller containers
85. When traveling, pack your own soap, shampoo, and toothpaste
86. Try to ride in hybrid taxis when you travel
87. Buy crayons made from soybean oil, not paraffin wax, which comes from petroleum
88. Use the same towels in the hotel during your stay
89. Use plastic rulers made out of 70% post-consumer recycled plastic
90. Use a reusable coffee filter like a [Keurig My K-cup](#) instead of individual plastic pods
91. Put signs above trash cans saying to make sure that whatever needs to be thrown out can't be recycled
92. Avoid using rubber bands
93. Try to buy ground and/or whole bean coffee with seals that say Fair Trade, Bird Friendly etc.
94. Use shredded documents as packing material, instead of Styrofoam packing peanuts
95. Buy two-in-one shampoo and conditioner, not two separate packages
96. If waiting in your car for more than one minute, turn OFF your car
97. Donate books you don't want anymore to places like libraries, schools, daycares, and homeless shelters
98. Recycle sneakers and athletic shoes for use in [sports surfaces](#)
99. Turn off water when washing dishes
- 100. Make "Going Green" a lifetime pledge!!!**

