

How Green Is Your Kitchen?

Your kitchen offers all kinds of opportunities to reduce disposable waste. How green is your kitchen?

- | | | |
|---------------|--|--------------------------|
| Instead of... | plastic shopping bags | <input type="checkbox"/> |
| Why not?... | bring your own cloth bags | |
| Instead of... | paper lunch bags | <input type="checkbox"/> |
| Why not?... | use cloth bags or boxes | |
| Instead of... | throwing out produce or scraps | <input type="checkbox"/> |
| Why not?... | compost produce | |
| Instead of... | paper towels | <input type="checkbox"/> |
| Why not?... | use reusable cloth wipers | |
| Instead of... | throwing out glass and cans | <input type="checkbox"/> |
| Why not?... | reuse or recycle them | |
| Instead of... | bleached coffee filters | <input type="checkbox"/> |
| Why not?... | use reusable coffee filters | |
| Instead of... | foils, plastic wraps and bags | <input type="checkbox"/> |
| Why not?... | reuse jars and plastic containers | |
| Instead of... | disposable drink boxes | <input type="checkbox"/> |
| Why not?... | buy beverages in bulk or concentrate and reuse containers | |
| Instead of... | individually-wrapped products | <input type="checkbox"/> |
| Why not?... | buy in bulk – save money too! | |
| Instead of... | regular-size detergent with phosphates | <input type="checkbox"/> |
| Why not?... | buy biodegradable detergent in bulk, in refillable containers | |

TOTAL KITCHEN



How Green Is Your Bathroom?

So many products used in the bathroom have packaging that could be avoided. How green is your bathroom?

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|---------------|---|--------------------------|
| Instead of... | disposable razors | <input type="checkbox"/> |
| Why not?... | use an electric razor or refillable cartridge razor | |
| Instead of... | heavily-packaged hazardous household product cleaners | <input type="checkbox"/> |
| Why not?... | apply baking soda and water | |
| Instead of... | unrecycled, bleached paper products | <input type="checkbox"/> |
| Why not?... | buy unbleached, recycled paper products in bulk | |
| Instead of... | aerosol deodorant sprays and sticks | <input type="checkbox"/> |
| Why not?... | use deodorants with minimal packaging | |
| Instead of... | overpackaged soaps or plastic shampoo and conditioner bottles | <input type="checkbox"/> |
| Why not?... | buy biodegradable soap, shampoo and conditioner in bulk, in refillable containers | |
| Instead of... | heavily-packaged commercial window cleanser and disposable paper towels | <input type="checkbox"/> |
| Why not?... | clean mirrors and windows with vinegar and water, and dry with linen towels or newsprint | |

TOTAL BATHROOM



How Green Is Your Workshop?

Think about your workshop, basement or garage. How green are these areas?

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|---------------|---|--------------------------|
| Instead of... | throwing out used engine oil | <input type="checkbox"/> |
| Why not?... | take it to your oil retailer who now accepts it for free! | |
| Instead of... | discarding used tires and batteries | <input type="checkbox"/> |
| Why not?... | take them to your retailer for recycling | |
| Instead of... | disposable batteries | <input type="checkbox"/> |
| Why not?... | use rechargeable batteries | |
| Instead of... | throwing out appliances | <input type="checkbox"/> |
| Why not?... | have them fixed or give them away to someone who can | |
| Instead of... | throwing out towels | <input type="checkbox"/> |
| Why not?... | cut up old towels for rags | |
| Instead of... | chemical garden products | <input type="checkbox"/> |
| Why not?... | use organic pesticides and fertilizers – or your own compost | |
| Instead of... | oil-based paint | <input type="checkbox"/> |
| Why not?... | use water-based paints | |
| Instead of... | commercial furniture strippers | <input type="checkbox"/> |
| Why not?... | use a heat gun or sandpaper | |
| Instead of... | packaged nails and screws | <input type="checkbox"/> |
| Why not?... | buy them in bulk | |

TOTAL WORKSHOP

