



Green Resolutions

Making environmental changes can seem overwhelming. Pick one action from this list and stick to it for at least two months. Print this page and tack it on your fridge to remind yourself. Then, congratulate yourself and pick something else on this list.

Walk more, drive slower. For each gallon of gas saved by walking, 28 pounds of CO₂ disappear from the air. If drive your car 65 mph instead of 75 mph, you'll cut your fuel consumption by 15%.

Do not use plastic bags. Ziplocs are handy, but they take 1000 years to biodegrade.

Stop buying bottled water. The FDA staffs less than one person to inspect all the water in those bottles.

Get rid of Windex. White vinegar works just as well and your family will breathe with ease.

Throw out Teflon pans. They emit chemicals when you cook. In this case, butter is better!

Give up bleach. Chlorine is a toxin; it creates dioxin in waste water. Fish will thank you.

Opt out of catalogs. Help save 53 million trees per year. Go to greendimes.com, 41pounds.org, or catalogchoice.org.

Switch to an eco-dry cleaner. And bring back your hangers to recycle. Better yet, hand wash sweaters at home.

Don't run lawn sprinklers in the rain. Adjust your automatic sprinkler with a shut-off valve for rainy days.

Avoid idling. The health impact is greatest for passengers inside your car, especially kids.

Buy organic. Common fruits and vegetables are doused with pesticides that don't wash off.

Use low VOC paint. That way you can paint the baby's room—and the baby can sleep there the same night.

Adjust the thermostat. For each 2-degree adjustment, 350 pounds of CO₂ disappear from the air.

Upgrade your A/C. Switch to an Energy Star model and 600 pounds of CO₂ will disappear from the air.