

101 Things You Can Do — to reduce your ecological footprint

by Joe Polaischer, 588 Matakana Valley Road, R.D. 5, Matakana, New Zealand, Tel. 09 422 7432,
<http://www.rainbowvalleyfarm.co.nz/>

Food

- 1 Grow your own food
- 2 Eat seasonal food
- 3 Avoid food miles, buy local and when possible organic
- 4 Support Farmers Markets, local farmers and growers
- 5 Buy unpackaged fruit and vegetables
- 6 Avoid highly processed foods
- 7 Buy food without additives or preservatives
- 8 Purchase goods in re-usable containers
- 9 Avoid purchases which are over-packaged
- 10 Buy bulk and use your own containers
- 11 Take your own basket or cloth bag to carry shopping
- 12 Volunteer to start a community garden
- 13 Support the return of milk bottles
- 14 Buy free-range eggs, avoid factory farmed produce
- 15 Breast feed your baby
- 16 Make your own jams, pickles and baby food
- 17 Give surplus food away to others Household

Household

- 18 Use the smallest and most energy efficient appliances you can
- 19 Make your kitchen a glad-wrap & aluminum-foil free zone – store food in containers
- 20 Do not use insinkerators (garbage disposers)
- 21 Compost your food scraps and green waste
- 22 Have a worm farm at home, or do Bokashi composting
- 23 Recycle paper, cardboard, plastics, cans and glass
- 24 Use non-toxic, plant-based soaps and detergents
- 25 Disregard fashion trends, buy for longevity
- 26 Avoid one-use products like paper towels
- 27 Avoid Styrofoam cups, plates and packaging
- 28 Avoid disposable cups, plates & utensils unless made from renewables like potato starch
- 29 Use cloth nappies (diapers)
- 30 Recycle clothes and shoes
- 31 Support op shops (second-hand stores)
- 32 Avoid clothes dryers - hang your clothes on the line to dry
- 33 Ensure your home is well insulated
- 34 Turn down your hot water heater
- 35 Take shorter showers, save water
- 36 Change showerheads to low-flow
- 37 Take showers rather than baths
- 38 Turn off water when brushing teeth
- 39 Keep blinds and curtains closed on cold nights
- 40 Use rechargeable batteries
- 41 Turn off lights when not in use

- 42 Learn where energy for your home comes from
- 43 Learn where your sewage goes
- 44 Discover your water catchment and work to protect it
- 45 Turn appliances off at the wall when not in use (incl. TV, computers & printers) - avoid standby
- 46 Unplug rechargeable devices when not in use
- 47 Mend and repair rather than discard and replace
- 48 Install dual flush toilets
- 49 Use non-toxic pest control
- 50 Match pot sizes to hob (ring) sizes on your stove
- 51 Keep your fridge & freezer maintained – replace bad seals
- 52 Get rid of your second fridge if you can
- 53 Replace washers on dripping taps
- 54 Boil only as much water as you'll use when making a cup of tea
- 55 Save energy when boiling water by putting a lid on the pot
- 56 Avoid pre-heating your oven when possible (e.g. re-heating food)
- 57 Use only hand pump spray cans
- 58 Burn only dry firewood
- 59 Find out where the goods you buy come from, support local
- 60 Reject outdoor patio heaters
- 61 Ensure your hot water boiler has a lagging jacket
- 62 Install a solar hot water heater
- 63 Use double burner wood burners
- 64 Re-use paper and envelopes
- 65 Avoid bleached and colored tissues & toilet paper
- 66 Phone first and avoid wasted shopping trips
- 67 Save trees - re-use printer paper, print on the other side or make notepads
- 68 Make photocopies double-sided
- 69 Wash only full loads of laundry
- 70 Use warm & cold settings in washing machine rather than hot
- 71 Use eco-bulbs for your lights
- 72 If you leave a room, turn the lights and appliances off
- 73 Use a hot water bottle instead of an electric blanket
- 74 Change your heated waterbed to a mattress

Transport

- 75 Drive the smallest and most fuel-efficient car you can
- 76 Conserve petrol (gasoline) by walking and cycling
- 77 Car pool when possible
- 78 Keep your car correctly tuned
- 79 Inflate tires to correct pressure & save fuel
- 80 Drive economically
- 81 Use public transport

General

- 82 Plant trees
- 83 Volunteer to maintain parks & beaches
- 84 Support conservation programs
- 85 Explore and learn about your bio-region
- 86 Practice preventative health care
- 87 Oppose nuclear power

- 88 Support ecologically sound products
- 89 Avoid toxic materials in your home
- 90 Don't waste
- 91 Teach children ecological wisdom & sustainability
- 92 Become involved in community projects
- 93 Be an active voter
- 94 Attend Council meetings
- 95 Vote for people who understand and promote sustainability
- 96 Watch less TV and increase creative learning
- 97 Take responsibility for your actions
- 98 Think globally – act locally
- 99 Copy this and share it with others
- 100 Discuss and compare notes with your friends on reducing your ecological footprint
- 101 Start your own list