

150 Ways to be SUSTAINABLE

In 1859, when Olympia became a city, people most likely didn't use the word *sustainable*. They also didn't have gasoline-powered engines, electrical appliances, or disposable plastic utensils, so they didn't have the exact same kinds of issues that we do today. **Early Olympia settlers thought about conservation.** For example, to make their summer produce they grew last until the following spring, they used techniques such as cold storage, drying and canning. They raised chickens. They understood that polluting the water affects all who live on a river. **The issues are pretty much the same for us as they were for people living in the 1800s, but the volume of things to consider has increased tremendously.** People want to do the right things, but it sometimes feels overwhelming because there are so many things to do (or not do). **The key is to take one step at a time; make one change at a time.** It can become a lot of fun, and you will probably come up with many ideas of your own that you want to act on. **To get started, here is a list of ways to get you on the road to sustainability.**

1	Make it a habit to turn off the lights when you are leaving any room for 15 minutes or more, and utilize natural light when you can.	19	Bring your own container for to-go orders.	40	Support City Council in setting tree canopy coverage goals so we really can be a "tree city"!
2	Turn off your computer—and the power strip it is plugged into—when you leave for the day.	20	Use compostable cups and utensils for parties and picnics.	41	When you can't find a recycle bin, take the item home and recycle it.
3	Print on both sides of a piece of paper, or use the backside of old documents for faxes, scrap paper, or drafts.	21	Drink locally produced beers and wines.	42	Recycle common household ALKALINE and BUTTON batteries.
4	Don't just print double-sided, print two pages per side when possible.	22	Include family, friends, and neighbors in your sustainability efforts.	43	Give old produce to friends/co-workers with chickens, or if you can, raise your own chickens.
5	Reuse old envelopes for scratch paper.	23	Try to fit your family's waste into the next smallest waste container—reduce your volume of trash.	44	Use old newspapers to wrap gifts.
6	Buy chlorine-free paper with a higher percentage of post-consumer recycled content.	24	Brighten up your cubicle and your home with plants (they clean the air).	45	Use shredded paper for packing material instead of Styrofoam.
7	Receive and store financial statements electronically.	25	Landscape with native plants.	46	Every time you wash your hands, don't let the water run while you lather..
8	Make it a policy to purchase office supplies and furniture made from recycled materials.	26	Water your lawn at the appropriate time of day.	47	Turn off water when brushing your teeth.
9	Buy The Olympian online.	27	Eliminate pesticides.	48	Always reuse your towels while staying in a hotel or even at home.
10	Purchase products, not packaging.	28	Sweep or rake leaves, don't use a blower.	49	Cut back on rinsing if your dishwasher is new. Newer models clean more thoroughly than older ones.
11	Reuse your plastic bags.	29	Plant trees.	50	Only run your dishwasher when it is full.
12	Reuse things before you recycle them when you can.	30	Plant raingardens.	51	Install an instant water heater on your kitchen sink.
13	Take reusable cloth bags when you go shopping.	31	Look after stormwater pools.	52	Collect the water you use for rinsing produce and reuse it to water houseplants.
14	Buy local.	32	Use your bike.	53	Never use running water to thaw food.
15	Buy bulk to reduce packaging/waste.	33	Bike pool on a tandem.	54	Eat more vegetables, less meat.
16	Bring your own mug and dish ware for those meals you eat at the office.	34	Walk to do errands.	55	Support a community garden project in Olympia.
17	Designate one glass for your drinking water each day instead of a fresh one each time you want a drink.	35	If you have to, drive to a commercial area and park and walk from there.	56	Cook food in as little water as possible. This will also retain more of the nutrients.
18	Avoid chopsticks—many are made from Brazilian rainforest hardwoods. Use washable sticks, or just go with a fork.	36	Use a bus.	57	If you accidentally drop ice cubes when filling your glass from the freezer, drop them in a houseplant.
		37	Set a goal to reduce your driving each week or each month by a small percent.		
		38	Set a goal to increase the number of times you take the bus each week.		
		39	Support the use of porous paving in Olympia whenever possible.		



58	Listen for dripping faucets. Fixing a leak can save 500 gallons each month.
59	Calculate how much water you use.
60	Drink tap water, not bottled water.
61	Only wash clothes only when you have a full load and save up to 600 gallons each month.
62	Use nontoxic cleaning products and/or biodegradable detergent.
63	Line dry laundry, at least partly.
64	Use an eco-friendly dry cleaner, when dry cleaning is required.
65	Have your hot water pipes insulated.
66	Use "WaterSense" labeled products.
67	Use the sink stopper.
68	Use low-flow faucet heads.
69	If your shower can fill a 1-gallon bucket in less than 20 seconds, install a water efficient shower head.
70	Don't take a full shower if all you need to do is wash your hair.
71	Use less water than a full shower or bath.
72	Time your shower to keep it under 5 minutes. You'll save up to 1,000 gallons a month. Shorter showers also leave more free time.
73	Don't let children "play" in the shower.
74	Shower less frequently.
75	Use water circulators.
76	Shower, don't take baths.
77	If you do take baths, stopper the drain immediately.
78	If you take baths, adjust the temperature as you fill.
79	Keep your toilet in good working order. Make sure your toilet flapper doesn't stick open after flushing.
80	Put food coloring in your toilet tank. If it seeps into the toilet bowl without flushing, you have a leak.
81	Use dual flush toilets.
82	Don't flush if you don't have to.
83	Install low-volume toilets.
84	Use the trash can – not the toilet – for trash.
85	Be careful not to clog the toilet.
86	Replace old urinals with new that use less than one gallon per flush.
87	Install more urinals whenever possible. They typically use less than conventional toilets.
88	Use branch-tube technology with sensor use (defecation vs. urination).
89	Install water-free composting toilets.
90	Move closer to work, or work at home when possible.
91	Get broken items fixed rather than throwing them away and buying new ones.

92	Add another living unit to your property – it increases density.
93	If you and your neighbors all have small backyards, take down your fences and plant a garden.
94	Caulk and weather-strip your home to save heating/cooling costs.
95	Install double-paned windows to save on heating and cooling.
96	Use cold (or warm), rather than hot water to wash laundry.
97	If you need to use the dryer, don't use dryer sheets.
98	Clean the lint trap on your dryer after every use. It increases efficiency.
99	Turn off your car engine when you are waiting in line.
100	Use cloth napkins and dish towels instead of paper ones.
101	Use a lunch box instead of paper bags.
102	Use the web to find out how to lose the junk mail – there are many sites which can help.
103	Pay your bills on line to save paper.
104	Cancel the catalogs from companies you don't buy from.
105	Go to garage sales and thrift stores rather than buy new.
106	Go to the library or share books with friends rather than buy new ones.
107	Use CFL (Compact Fluorescent Lights), or better yet, LED lights instead of incandescent – saves a lot of energy.
108	Recycle your toner cartridge, or get it refilled rather than buy new.
109	Turn your thermostat down in the winter, and up in the summer. Even five degrees can make a big difference in energy use.
110	Set your water heater to 120° rather than the typical 140°.
111	Inflate your car tires to the recommended amount.
112	Don't use aerosols – use the pump kind instead.
113	Buy Fair Trade items.
114	Use scarves (from thrift stores!) to wrap your presents instead of using wrapping paper. They can be recycled every year.
115	Don't upgrade your cell phones, appliances, cars, or computers more than necessary.
116	Go meatless and dairyless once a week.
117	Use cloth diapers, or a diaper service, rather than plastic.
118	One day a week, don't buy anything.
119	One day a week, don't drive anywhere.
120	Make greeting cards from things you have around the house, rather than buying one
121	Clean or replace air conditioner/heater filters.
122	For birthdays or other events, bake your own cakes and cookies.

123	Learn canning, drying and other methods to preserve fresh fruits and vegetables.
124	Get a home energy audit.
125	Install motion sensor outdoor lights.
126	Learn to make your own pet food.
127	Reuse your grey water.
128	Use eco-friendly paints.
129	Talk to your neighbors about sharing tools, especially large, seldom-used ones.
130	Turn your lawn into a water-efficient area, or better, yet, a garden.
131	If you must have a lawn that needs mowing, use a push mower.
132	Do not preheat the oven (unless making bread or pastry).
133	Batch your errands for efficiency and to save gas.
134	Keep your fireplace damper closed.
135	Use matches over lighters.
136	Fly with an e-ticket – it saves paper.
137	Download your software (rather than get it on a CD).
138	Use a voice mail service instead of a 24-hr. a day electricity-using answering machine. Also saves on machines (that go to the landfill eventually).
139	Use rechargeable batteries.
140	See if solar panels can work with your home placement.
141	Use solar lights to light up your driveway, walkways.
142	Join a CSA (Community Supported Agriculture) – support a local farmer and receive fresh produce every week.
143	Get a smart power strip and plug your computer, TV and other electronics with peripherals into it. Sensors know when you shut down the main device, and they cut off everything else too. Saves 72% of energy, according to <i>Real Goods.com</i> .
144	Learn how much electricity you are using – get a Kill-A-Watt power strip. It tells you what your equipment costs to run, as well as having surge and no-load protection. See <i>Real Goods.com</i> .
145	If you have one already, use a toaster oven to heat small things, rather than using the large oven.
146	Don't buy room deodorizers.
147	Use LED holiday lights instead of incandescent.
148	Learn to make your own cleaning products – vinegar and baking soda work real well for most cleaning jobs.
149	Install skylights or solar tubes so you have more natural lighting.
150	Have fun coming up with new ways to save energy, money, and time, and live better doing it!