

# How Green Are You?

Where are you and your family when it comes to these environmentally-friendly practices (good > better > best)?

**What can you do to up your green game?**

	GOOD	BETTER	BEST
<b>Deliveries</b>	I pick one day per week to have items delivered	I order items in bulk every few weeks	I shop local and only buy from environmentally-committed companies
<b>Recycling</b>	I recycle all the appropriate items I can	I recycle my electronics with certified recyclers	I only purchase products that come in containers that can be recycled/reused and avoid single use products and items with double-packaging
<b>Shopping Habits</b>	I give away belongings I no longer need to a responsible source	I discern if I really need something before I buy it, with consideration to environmental stewardship	I adopted a minimalist life and only purchase what I absolutely need, when I need it
<b>Meat Consumption</b>	I go meatless on Mondays/Fridays	I go meatless before 6 p.m.	I adopted a vegan diet
<b>Energy</b>	I turn lights off when they're not in use	I purchase ENERGY STAR® rated appliances and rechargeable batteries	I installed solar panels
<b>Waste</b>	I bring reusable cloth bags to the grocery store	I avoid purchasing single-use or Styrofoam products	I compost at home and reuse materials whenever possible
<b>Water</b>	I turn off the sink while brushing my teeth, scrubbing dishes and try to take a shorter shower	I use a rain barrel and plant drought-tolerant, native species in my yard to minimize the need for irrigation	I installed water-efficient shower heads, faucet aerators and low-flush toilets to reduce water use
<b>Household Cleaning</b>	I avoid using household cleaners that contain harmful chemicals	I only buy organic, environmentally-friendly cleaning products and hygiene supplies	I make and use my own cleaning supplies
<b>Travel</b>	I plan my route to be as efficient as possible	I carpool or bike/walk whenever possible	I bought a hybrid or electric vehicle
<b>Landscaping</b>	I have houseplants	I only plant native, pollinator-friendly species in my yard	I do not use fertilizers, pesticides or insecticides in my yard