

Everyday P2 Tips

What you can do

Shopping

Tips - things to buy

- Low flow showerheads and faucet aerators.
- Reusable commuter mug for the car.
- Instead of buying sandwich bags and brown paper bags for lunches, pack lunches in reusable containers and reusable bags.
- Use durable reusable bags when you go shopping.
- Find out which companies in your area practice pollution prevention, and patronize their businesses.
- Buy in bulk and avoid products with over packaging. About 1/3 of our garbage is packaging which is thrown out immediately.
- When purchasing toxics or cleaning supplies, buy as little as you need. Buy less-toxic or nontoxic supplies. Baking soda and water can be used in place of ammonia-based all-purpose cleaners. Instead of purchasing a drain cleaner, mix 1/4 cup baking soda with 1/4 cup vinegar.
- Purchase rechargeable batteries. Reduce the amount of trash going into our landfills and help keep toxic metals out too. Nearly all batteries can be recycled.
- Use non-toxic glue and water-based markers for your arts and crafts projects.
- Use the Sunday comics or magazine pictures for gift wrap. About 40% of America's garbage is paper.
- Use a baking soda paste as a general stain remover. Rub chalk on grease stains prior to washing. Apply butter or margarine to chocolate stains, wait 15 minutes and wash.
- Use herbs, set out a small dish of vanilla or leave an open box of baking soda in the room as an air freshener.
- Give leftover household hazardous products to someone who can use them (i.e., paints, pesticides, cleaning products, etc.).
- Use cedar blocks or chips instead of moth balls.
- Use red chili pepper, paprika, or dried peppermint to repel ants.
- Use cat litter or sand instead of salt on icy walks.
- Buy products made from and packaged in recycled materials. This closes the recycling loop and helps provide a market for the materials collected in curbside and other recycling programs. Look for recycled products with "post-consumer content" - that's what materials collected through recycling programs are called.
- Buy products with little or no packaging. Use your imagination - getting ice cream in a cone instead of a cup allows you to eat the package.
- Buy durable instead of disposable products. For example, purchase refillable pens and pencils, reusable razors and reusable utensils.
- Buy durable appliances and electronic equipment that last longer and can be repaired. Help keep these items out of our landfills by repairing instead of disposing.
- Choose long lasting, energy-efficient appliances.
- Choose products that will last a long time. Well-made clothing may cost more initially, but will save money over the long run.

- Purchase energy-efficient, long-lasting light bulbs. Compact fluorescent light bulbs last up to 10 times as long as incandescent bulbs and use much less energy.
- Tell store managers that you appreciate it when they stock recycled and recyclable products.

Gifts: Alternatives

- An experience and memory (a special hike, game of golf, visit to the gym, etc.).
 - Tickets (to a sporting event, a concert, the theatre, a movie).
 - Membership (to a museum, nonprofit organization, or club).
 - Homemade confections or gourmet foods.
 - Cloth napkins and napkin rings.
 - Donations to charity, including Earth Share.
 - A service (free babysitting, dog walking, cat sitting).
 - See also Gift tips under "Home"
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- [How to Save Money and Time when Shopping](#) (pdf file)
 - [The Great Green Web Game](#) Test your knowledge on your environmental impact

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