

ECOLOGICAL SUSTAINABILITY IN YOUR HOUSEHOLD

There are many little changes you can make in your household. Together they can add up. When you share your changes with others, the impact multiplies because many people make changes when a friend recommends it to them.

HOUSEHOLD CLEANING

- Switch to eco-friendly alternatives for your cleaning products. Avoid disposable bottles and chemicals that can be harmful to you and the environment.
- Don't rinse your dishes before putting them in the dishwasher. Most dishwashers can handle it. It's actually more environmentally friendly to just scrape off any excess food, make sure the dishwasher is full before each use, and run it on the economy setting.

IN THE BATHROOM

- Use shampoo and conditioner bars to reduce packaging waste.
- Consider a biodegradable bamboo toothbrush. It takes nearly 400 years for a plastic toothbrush to decompose.
- Take shorter showers to use less water
- Install a low-flow showerhead to reduce hot water use.
- Turn your water heater down to 120° F. This can save about 550 pounds of CO₂ a year.

LIGHTING & ELECTRONICS

- Switch lights off when you leave the room.
- Unplug your electronic devices when they are not in use. Even if your appliances are powered off, they still consume energy as long as they're plugged in. This "vampire power" costs more than \$19 billion per year in the U.S. alone.
- Switch to LED lightbulbs. Incandescent lightbulbs waste 90% of their energy as heat. Though LEDs cost more, they use a quarter of the energy and last up to 25 times longer. They are also preferable to compact fluorescent lamp (CFL) bulbs, which emit 80% of their energy as heat and contain mercury.
- Use a smaller computer. Did you know that laptop computers require less energy to charge and operate than desktops?

BUY LESS STUFF!

- Buy used or recycled items whenever possible.
- Buy from companies that are environmentally responsible and sustainable when you do need to buy something new.
- Invest in quality items. Choose quality rather than quantity to cut down your carbon footprint. You may pay more upfront but it will last longer.
- Buy in bulk to help you cut out plastic.
- Invest in rechargeable batteries in your devices. Though they are pricier than disposables, they make less environmental waste when properly recycled.

SELF ASSESSMENT

As a congregation we have committed to implement Laudato Si', which involves our individual and collective actions and choices. Please help us understand what practices you are already doing. Are there 1-2 choices you can make this year to make your life more sustainable?