

# green living

## CHALLENGE

- ☐ Create a grocery kit (reusable grocery tote, veggies bags) and put it in your car
- ☐ Count how many times you have opened the trash can today
- ☐ Go for a long walk
- ☐ Make a DIY Air Refresher Spray: Water + 15 drops of your favorite natural essential oil
- ☐ Bring your own cup to the coffee shop
- ☐ Say "no" to a straw
- ☐ Visit a secondhand store
- ☐ Close your eyes for 1 minute and clear your mind
- ☐ Eat your lunch outdoors
- ☐ Go plastic-free today
- ☐ Instead of buying it, borrow it
- ☐ Compost your veggie scraps in your green trash bin
- ☐ Clean and dry containers before recycling them
- ☐ Use a reusable bottle
- ☐ Replace liquid soap with a soap bar in one room
- ☐ Weigh your waste
- ☐ Plant a flower
- ☐ Make a veggie broth from scraps
- ☐ Estimate your carbon footprint ([footprintcalculator.org](http://footprintcalculator.org))
- ☐ Repair something that is broken
- ☐ Make your own dip (hummus, guacamole, salmon dip, etc.)
- ☐ Time your shower
- ☐ Write down why you want to go "green"
- ☐ Pick up litter while walking outside
- ☐ Go paper towel-free today
- ☐ Go to [recology.com](http://recology.com) and print out the sorting guide ([recology.com/recology-cleanscapes/issaquah/sorting-guides](http://recology.com/recology-cleanscapes/issaquah/sorting-guides))
- ☐ Do not use your car today
- ☐ Read what ingredients are in your favorite self-care product
- ☐ Open ALL your windows for 20 minutes
- ☐ Turn off your phone

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