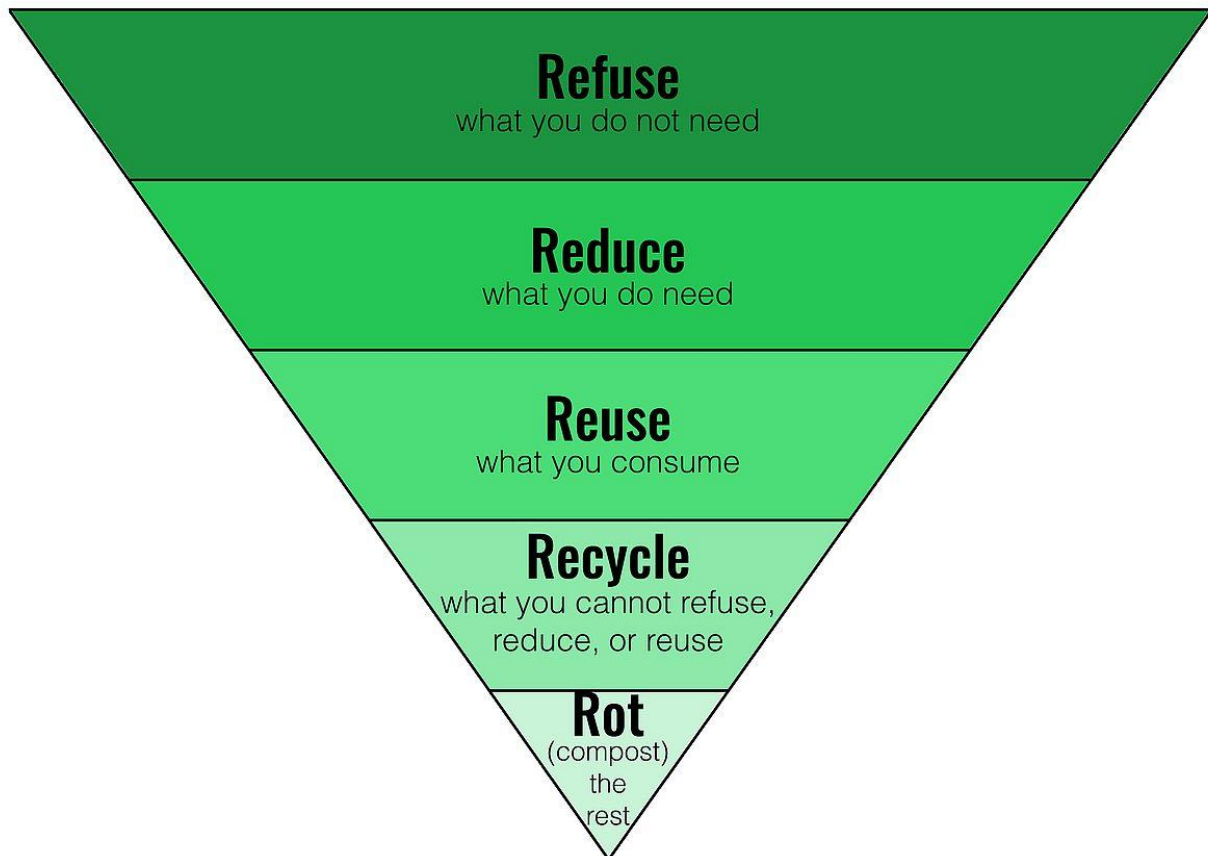


LIVE SMART ACTIONS

There are many actions you can take to Live Smart and reduce your impact on the planet. Some are simple and easy while others require more time and effort. The idea is to start simplifying your life and getting in the habit of thinking about how your choices and actions affect the planet and its creatures. Remember the 5 R's!



At first, try a few Live Smart actions in the areas of your life that are doable like the starter list below. Science has shown that it takes about 21 days to forge a new habit so practice your Live Smart activities every day and give yourself a month to successfully implement your new lifestyle changes. Now start living sustainably and save nature at home, school, work and in your community!



Blue = Easy

Orange = Moderate

Green = Challenging

Starter Live Smart Actions

- Use bar soaps instead of bottled body wash, shampoo and conditioner
- Use washable cloth napkins and towels instead of paper
- Use a reusable water bottle
- Use a reusable shopping bag
- Eliminate junk mail and catalogs
- Recycle all electronic devices (mobile phones, tablets, computers, batteries)
- Purchase certified fair-trade, recycled, and sustainably sourced products
- Drink filtered tap water instead of bottled
- Use natural pest remedies instead of pesticides
- Plant a pollinator garden or planter
- Replace incandescent lighting with energy efficient LEDs

Lifestyle

- Bring your lunch
- Receive and pay bills electronically
- Print double-sided
- Share magazines or leave them in waiting rooms
- Cancel paper catalogs
- Recycle paper, plastics, glass, metal, Styrofoam and plastic bags
- Resell or donate used items
- Borrow books and DVD's from the library
- Use wash cloths instead of baby wipes
- Replace chemical cleaning products with natural eco-friendly alternatives
- Sell or give away things that don't bring you joy
- Eliminate red meat
- Visit state and national parks instead of theme parks
- Become a vegetarian
- Adopt a minimalist lifestyle
- Downsize living space
- Have a green wedding
- Choose to have a smaller family
- Plan a green burial and leave a bequest to an environmental cause
- Move closer to work or work from home



Shopping

- Think about the impacts your purchases will have on the planet before you buy
- Think twice before making any purchase
- Only buy products that are cruelty free with no animal testing
- Wait one month before making expensive purchases
- Buy second hand
- Buy reusable products instead of disposable
- Buy in bulk if feasible
- Don't buy single serve items or those in excessive packaging
- Purchase certified fair-trade, recycled, and sustainably made products like bamboo
- Shop locally and at farmers markets
- Purchase organic products
- Buy eggs from free range hens
- Only buy meat from animals that have been humanely treated
- Read food labels and avoid processed foods
- Order online and combine deliveries
- Drink filtered tap water instead of bottled
- Join a food-coop or CSA (Community Supported Agriculture)
- Learn to can, freeze and dehydrate food

Holidays

- Send e-cards for holidays and special events instead of paper cards
- Make small handmade gifts instead of buying things
- Give a gift of your time for cleaning, babysitting, yard work, a ride, etc.
- Use natural items like pinecones, dried oranges, popcorn and cranberry to decorate
- Make and hang pinecones covered with peanut butter and seeds for the birds
- Ask people to donate to a nonprofit cause in lieu of buying you gifts

Transportation

- Run multiple errands while you are out
- Walk or bicycle
- Carpool
- Use mass transit
- Purchase a more fuel efficient or electric vehicle



Resource Conservation/Energy Efficiency

- Turn off lights, fans, and computers when you leave a room
- Turn off the TV and read, go for a walk, or talk to a loved one
- Turn off your water heater when going on vacation
- Unplug electronic devices when not in use
- Cook with the oven during winter for heat
- Take the stairs instead of the elevator
- Wash your clothes less frequently and in cold water
- Hang clothes instead of using a dryer
- Install water-saving shower heads
- Install a smart thermostat
- Install skylights
- Install thermal windows or insulating window shades
- Insulate walls and ceilings
- Install alternative energy sources like solar or wind energy
- Replace high energy appliances with energy efficient models
- Buy water-efficient toilets, washing machines, and dishwashers

Garden

- Stop using pesticides
- Practice natural pest management
- Use natural weed killers instead of chemical ones with glyphosate (Roundup)
- Plant native plants for pollinators and wildlife
- Plant a vegetable and herb garden
- Create a compost pile
- Use a rain barrel
- Reuse grey water
- Replace conventional landscapes with water-wise eco-friendly naturoscapes
- Reduce lawn to 1/3 or less of overall area and only where needed for children or pets
- Create a backyard wildlife habitat
- Plant native evergreen trees on the northwest side of your home for energy savings
- Plant deciduous native trees on the south side of your home for energy savings
- Plant native trees and shrubs for wildlife habitat
- Make a part or your whole yard a wildlife habitat
- Install a programmable timer and auto rain shutoff for irrigation systems
- Use drip irrigation instead of spray water heads



Community/Work/School

- Encourage friends and family to become Noah's Notes Terranauts and live more sustainably and save nature
- Donate extra food to food kitchens
- Volunteer in environmental and sustainable causes in your community
- Participate in community clean-ups and habitat restoration
- Get to know your local elected officials
- Join or start an environmental club at your school
- Start a community garden
- Educate homeowner associations to use natural pest management instead of pesticides and replace conventional landscapes with water-wise native landscaping
- Attend planning and governmental meetings and voice your environmental concerns to elected officials
- Support or start a local initiative or campaign to support an environmental cause