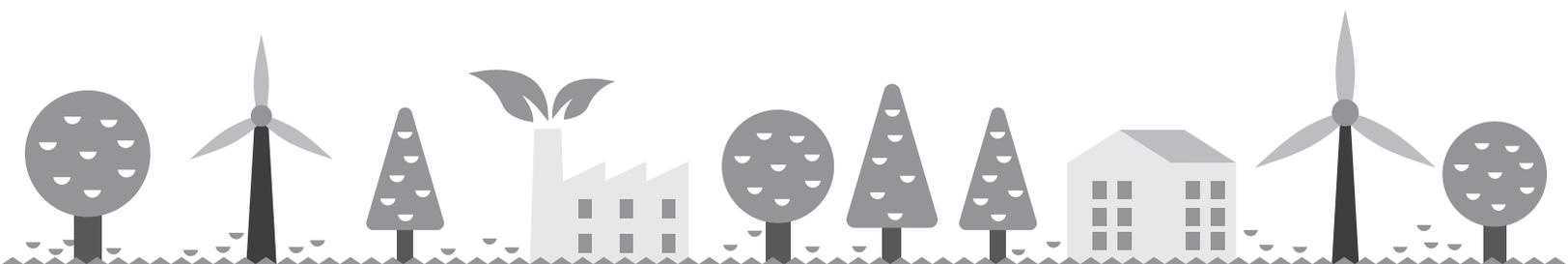


MY ECOLOGICAL FOOTPRINT

Check the ones you always, or usually do,
and asterisk the ones you'd like to do more of!

- I store my food in glass, ceramic or stainless steel rather than plastic storage containers.
- I avoid shopping or purchasing cheap stuff for retail therapy or stress reduction.
- I shop locally
- I lodge in Air B-n-Bs or locally owned hotels rather than big chains.
- I regift when I need/want to give a gift.
- I use poison-free rodent and pest control.
- I buy recycled 100% post-consumer toilet paper.
- I consider the working conditions of the people making my clothes.
- I use the clothes I have and choose to not purchase more unless truly necessary.
- I do not shop as a form of recreation, entertainment or personal distraction.
- I buy used books when available.
- I borrow books from a library instead of buying.
- I shop resale/second-hand before buying new.
- I print documents double-sided on recycled paper.
- I use non-paraffin candles (beeswax or vegetable based instead).
- I use cloth vs. paper napkins.
- I purchase non paraben/petroleum skin care.
- I compost kitchen and yard waste.
- I use compostable garbage bags.
- I use compostable pet waste bags; for cats, I use biodegradable litter.
- I bring my own container for taking home extra restaurant food vs using their disposable ones.
- I use heritage/non-GMO seed varieties, plant local vs non-native species, and care for my plants without the use of chemical fertilizers, pesticides, or herbicides.
- I conserve water in my garden/yard by planting or allowing drought-resistant, native plants and trees.
- I reduce my ecological footprint by purchasing less and reusing more.
- I never use styrofoam and request to restaurant managers they discontinue using it.
- I carry with me utensils/cups for eating out.
- I bring my own beverage (coffee) cup.
- I do not use plastic straws in restaurants.
- I eat a plant-based diet.
- I reduce my meat consumption and when I do purchase meat, I consider the source (animal treatment, feed, antibiotics, etc).
- I bring food with me rather than eating fast foods.
- I refuse take-out that is in non-compostable or recyclable containers.
- I consider the distance my food travels.
- I manage my food to minimize waste.
- I make time to prepare food and have my food trip organized.
- I purchase organic and cage free eggs.
- I consider the impact my food choices make on the environment.
- I support local organic farmers.
- I choose ethically produced, rainforest certified brands of coffee and chocolate.



- I know how the electricity for my home is produced.
- I consider my energy use for recreational activities.
- I "fly less or not at all" (Greta Thunberg) and buy carbon offsets if I do fly.
- I buy carbon offsets for my websites (technology now exceeds air transportation in CO2 emissions! For example, see <https://greenleafconsulting.com/resource-center/giving-back/>).
- I use rechargeable batteries / solar whenever possible.
- I have energy efficient appliances.
- I insulate everywhere possible in my home.
- I install good windows to save energy.
- I air dry clothes.
- I am mindful of my water consumption and always looking for ways to conserve.
- I choose to walk- in instead of using drive-ups for prescriptions, coffee, etc.
- I recycle.
- I precycle. Before I make a purchase, I consider the item's life's cycle. "Where will it go when I'm done with it?" (the practice of reducing waste by attempting to avoid bringing items which will generate waste into home or business).
- I use only healthy (free from harmful ingredients or chemicals) cleaning products in my home.
- I am aware that I vote with my dollars and choose to make purchases and spend my money on green products.
- I reuse items in my home rather than purchase new or replacements (fix, have fixed, etc).
- I drive a fuel-efficient vehicle.
- I ask myself: Where does this come from? How was it made or grown? What impact does its production have on the environment?
- I walk in parks or Nature-places regularly.
- I know the name and contact information of my elected officials and contact them often about environmental and other concerns.
- I educate myself about election-day choices and I vote.
- I celebrate Earth Day by educating myself and others about environmental issues and Earth-centered values.
- I am a student of climate change, public lands issues, and other environmental issues and share what I learn with others.
- I recognize that every choice and action I make is either a part of the solution or the problem, and I always seek to be a part of the solution.
- I support environmental non-profits through being a member, donating, and/or volunteering.
- I invest in socially responsible stocks and bonds.
- I support children and others to become ecologically literate.
- I am mindful of when I want to shop to fulfill unmet needs or when I am bored.
- I share this eco assessment with my family, friends and co-workers.
- I invite my place of work to do an eco-audit and adopt the eco-practices included here.
- I walk or ride my bike instead of driving whenever possible.

*Created by Christine Rochester, a tool inspired by the
Green Women Leadership Training, a program of
HealthWomenHealthyEarth.org*

*Do the best you can until you know better. Then, when you know better, do better.
-Maya Angelou*