

## TO YOU, A CONSUMER OF EARTH'S DIMINISHING RESOURCES



We are *Earth Mamas*, a small group of women who have come together out of our concern for the catastrophic environmental crisis\* that has started and will worsen unless all of us take responsibility. The items listed here can help to mitigate the impact of our **American over-consumption** with its dangerous increase of CO<sub>2</sub> and methane. We invite you to start with an easy item, then add more as you become conscious of how your everyday actions add to the global crisis. Engage your children in the changes. We all need to wake up!

Please share this information with family, friends, and social media to make this a shared effort to protect all of life and the near exhausted resources of our Earth home. \* Google: *Job One for Humanity*

### PLASTIC

1. Choose cardboard, glass, or paper packaging over plastic, whenever possible.
2. Buy loose/bulk produce, and bring your bags to put them in, rather than pre-wrapped.
3. Use cloth bags for shopping; keep a few in your car for last minute needs.
4. Choose paper grocery bags over plastic ones, if your cloth bags are not handy.
5. Carry a water thermos to avoid single-use bottles.
6. Avoid single use plastic plates, utensils, straws, cups.
7. Reduce the use of plastic toys. Choose wooden or cloth when possible.

### RECYCLE

1. Choose cardboard, glass, and paper packaging to recycle. Check your local recycling program for other items to recycle. Cardboard pizza boxes in demand.
2. Check out Atlanta's CHARM, a center for hard to recycle items such as paint, chemicals, 3-6 plastics. Your area may have something similar.
3. Shop for clothes and household items in thrift stores.
4. Donate unwanted clothes and household items.
5. Recycle batteries and light bulbs at places like *Batteries Plus*.
6. Make printer paper last by reusing or printing on both sides.
7. Use *Cartridge World* to recycle and buy recycled printer cartridges
8. Check online for "Buy Nothing" exchanges near you. [Buynothingproject.org](http://Buynothingproject.org).

### COMPOSTING

1. Compost yard and food waste by buying or building a compost bin for your yard, or share one with neighbors.
2. Buy a composting container for your kitchen to hold food waste.

3. If you prefer not to compost in your yard, consider composting companies such as *Compost Now* who will pick up your compostables.
4. Check public locations for compost drop off in your area.

#### **PET WASTE**

1. Buy biodegradable pet waste bags.

#### **WATER**

1. Conserve in your home/work space. Don't let water run when not using.
2. Lower your water flow rate and the temperature setting on your hot water heater.
3. Consider replacing your toilet with a low-flow toilet.
4. Reuse rain or gray water by installing a rain barrel for plants, car washing, et

#### **FOOD**

1. Eat less meat and explore a vegetarian or vegan diet. Better for the earth and you.
2. Find creative uses for leftover food.

#### **ENERGY**

1. Turn off or unplug appliances when not using.
2. Use LED low energy light bulbs.
3. Unplug everything when traveling and away from home.
4. Shorten clothes drying time by adding wool dryer balls, or hang to finish drying.
5. In summer, keep thermostat at 78 degrees and in winter, heat at 68 degrees.
6. Use ceiling fans only when in the room.
7. Check with your local energy provider for any rebates on upgrades.
8. Use delivery services less.
9. Buy energy efficient products. Consider installing a Heat Pump.
10. Research an alternative energy provider such as *Arcadia*.

#### **SOURCING YOUR PURCHASES**

1. Limit online buying. Support your local, small businesses.
2. Buy produce from local farmers.
3. Buy grocery produce from nearer locations (i.e. your state v. Mexico) .
4. Choose bamboo products over paper, flooring, textiles, etc.

#### **HOUSEHOLD CLEANING PRODUCTS**

1. Find home recipes for all-natural cleaning needs: kitchen, bath, laundry.
2. Buy biodegradable laundry and dishwasher soaps in refillable glass or cardboard.

#### **PAPER PRODUCTS**

1. Use cloth table napkins and organic cotton handkerchiefs.
2. Purchase toilet paper from *Who Gives a Crap* which donates 50 % of their profits to building toilets in developing countries.
3. Use recycled paper products.
4. Access information on your computer and resist printing it out.

## **BOOKS**

1. Use your library, audible or e-books. *Little Free Libraries* before buying.
2. Buy books from Better World Books – they ship free, donate books, recycle yours, and support literacy programs.
3. Recycle your unusable books and old textbooks at places like *CHARM* in Atlanta.

## **GROW GREENS**

1. Grow fruits and vegetables on your property/ balcony, porch.
2. Grow native plants to encourage bees and butterflies.
3. Consider joining your state's Native Plant Society.
4. Plant trees.
5. Use live green plants inside your house for better air quality.

## **TRAVEL AND TRANSPORTATION**

### **GROUND TRAVEL**

1. Walk whenever possible
2. Combine car trips to reduce gas usage.
3. Keep your vehicle serviced—tires balanced and rotated with correct pressure.
4. Use public transportation, when possible, even if a bit inconvenient.
5. Consider hybrid, plug-in hybrid, or electric cars if buying a new car.
6. Carpool, if possible, plan grocery shopping/errands with others.
7. Use a bike or trike if you can – it's great exercise.

### **AIR TRAVEL**

1. Choose air travel as a last resort.
2. Use ground travel when available (bus, train, or car.)
3. Consider donating to a Carbon Offset Fund.

## **FINANCES**

1. Evaluate your investments to see what companies you are supporting
2. Consider ESG (SRI) funds so your values are reflected in your investments.
3. Use a (non-profit, member-owned) Credit Union over a bank.

ASK YOURSELF: WHAT IT IS MADE OF? HOW IS IT PACKAGED? WHERE IS IT FROM?

AND, DO YOU REALLY NEED IT???

For information, contact Earth Mamas at [earthmamas.usa@gmail.com](mailto:earthmamas.usa@gmail.com)