

# *Gift, Gratitude, and Joy*

## **Water, Energy, and Waste Stewardship List**

### **Protect Water**

#### Conserve

- Repair leaky faucets
- Install faucet aerators
- Take shorter showers (& not baths)
- Turn off the water to brush teeth
- Turn off the water to shave & soap up
- Fill the sink to shave
- Install low-flow showerheads
- Run full loads of laundry
- Compost food scraps
- Set lawn mower blade 2-3" high
- Only water the lawn when necessary, in the morning or late evening
- Avoid watering the lawn when windy
- Collect rainfall in a rain barrel for irrigation
- Plant additional trees
- Plant a rain garden
- Plant native species
- Mulch around plants & shrubs

#### Prevent Pollution

- Fertilize lawns only when necessary
- Keep grass clippings out of the street
- Pick up pet waste
- Wash cars in the lawn not the driveway
- Do not over-salt walkways & driveways
- Pick up litter
- Only flush human waste and toilet paper
- Do not flush medication
- Use phosphate free soaps/detergents
- Minimize use of bleach

### **Conserve Energy**

- Change the furnace filter every 3 months
- Weatherstrip cracks
- Seal plumbing & wiring openings in attic
- Attic insulation should be thick enough to cover the joists
- Use a programmable thermostat
- Set back the heat 5-8 degrees at night or when the house is unoccupied over 4hrs
- Insulate the water heater
- Set water heater for 120 deg or lower
- Turn off unnecessary lights
- Replace incandescent/CFL with LED bulbs
- Unplug electronics & chargers
- Wash clothes in cold water
- Clean the dryer lint trap
- Do not over dry clothes
- Eliminate the spare, rarely used fridge
- Replace appliances with energy efficient
- Use the right size pot on the stove
- Use lids & boil less water
- Coordinate baking to reduce preheats
- Do not warm up the car engine
- Turn off the ignition instead of idling
- Combine errands
- Carpool/rideshare
- Keep the car tires properly inflated, change the oil & oil filter regularly, & unload any heavy items not needed
- Do not drive aggressive/accelerate rapidly

### **Reduce Waste**

- Use cloth bags - at *all* stores
- Recycle plastic film/bags at grocery store
- Refuse straws
- Bring your own coffee mug
- Refuse to use disposable water bottles
- Buy items with less packaging
- Bring a reusable to-go box to restaurants
- Use reusable containers instead of single use bags or wraps
- Replace plastic cutlery with silverware
- Replace paper with cloth napkins
- Replace disposable plates with washable
- Bring reusable silverware kits on-the-go
- Replace lotions, soaps, shampoos, or deodorant with bars or make your own
- Make your own cleaning products
- Reuse greeting cards
- Replace Christmas cards with an email
- Share infrequently used items & tools instead of buying your own
- Buy food from a CSA or farmers' market
- Avoid single serving/individual wrap food
- Reduce food waste (plan ahead, make a list, cut off mold or bad spots & eat the rest, eat the egg yolk, freeze foods before they go bad, serve smaller portions, etc.)
- Compost food scraps
- Verify recycling bins are provided
- Locate recycling next to landfill bins

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“There is a nobility in the duty to care for creation through little daily actions... which directly and significantly affect the world around us... and can be an act of love which expresses our own dignity.  
- Pope Francis, *Laudato Si*, 211.

### Recycle Right

#### Recycle Curbside

Cans - aluminum & steel, empty  
Aluminum foil  
Cartons - empty & replace cap  
Glass - bottles & jars, empty & rinsed  
Plastic - #1, #2, #5, empty & replace cap  
Paper/Cardboard

#### Do NOT Recycle Curbside

Scrap metal  
Plastic bags (recycle at grocery stores)  
Dirty paper (i.e., food contamination)  
Photo paper/foil lined envelopes  
Tissue paper & glittery wrapping paper  
Plastics #3, #4, #6, #7  
Plastic cutlery & straws  
Hazards (batteries, propane tanks, sharps, flammables, electronics)  
Garbage (food, liquids, diapers)  
Tanglers (hoses, wires, chains)

#### Recycle In The Community

Clean & dry plastic bags (sandwich bags, bread bags, film/wrap, dry cleaning bags)  
Batteries  
Lightbulbs  
Unusable clothes & shoes  
Toothbrush, paste tubes, floss container  
Some wrappers, cereal bags

**Tips to show your gratitude for God's great gifts...**