**EASY WAYS TO HELP PROTECT OUR NATURAL RESOURCES**

Pick several, a few, or even just one of these actions. Every little bit helps.

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| --- | --- | --- | --- |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Pick up and throw away your pet’s waste | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Keep your fridge & freezer maintained – replace bad seals |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Eat seasonal food | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Get rid our your second fridge if you can |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Buy local and when possible organic | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Replace washers on dripping taps |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Support Farmers Markets, local farmers and growers | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Boil only as much water as you’ll use when making a cup of tea |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Buy unpackaged fruit and vegetables | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Save energy when boiling water by putting a lid on the pot |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Avoid highly processed foods | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Avoid pre-heating your oven when possible (e.g. re-heating food) |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Buy food without additives or preservatives | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Use only hand pump spray cans |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Take your own basket or cloth bag to carry shopping | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Burn only dry firewood |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Avoid purchases which are over-packaged | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Find out where the goods you buy come from, support local |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Buy bulk and use your own containers | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Collect rain water to use for your lawn or garden or to wash your vehicle |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Purchase goods in re-usable containers | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Ensure your hot water boiler has a lagging jacket |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Volunteer to start a community garden | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Install a solar hot water heater |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Breast feed your baby | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Re-use paper and envelopes |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Re-use Ziploc bags | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Avoid bleached and colored tissues & toilet paper |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Give surplus food away to others | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Call first and avoid wasted shopping trips |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Use the smallest and most energy efficient appliances you can | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Save trees - re-use printer paper, print on the other side or make notepads |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Make your kitchen a glad-wrap & aluminum foil free zone, or at least recycle the foil | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Make photocopies double-sided |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Compost your food scraps and green waste | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Wash only full loads of laundry |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Have a worm farm at home and let them compost your food waste | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Use warm & cold settings in washing machine rather than hot |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Recycle paper, cardboard, plastics, cans and glass | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Use Energy Star light bulbs |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Use non-toxic, plant-based soaps and detergents | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | If you leave a room turn the lights, ceiling fans, and appliances off |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Disregard fashion trends, buy for longevity | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Use a hot water bottle instead of an electric blanket |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Avoid one-use products like paper towels | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Inflate tires to correct pressure & save fuel |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Avoid Styrofoam cups, plates, and packaging | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Conserve gas by walking and cycling |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Avoid disposable cups, plates & utensils unless made from renewables like potato or corn starch | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Car pool when possible |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Use cloth napkins | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Keep your car correctly tuned |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Recycle clothes and shoes | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Drive the smallest and most fuel efficient car you can |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Hang your clothes on the line to dry | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Drive economically |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Ensure your home is well insulated | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Use public transportation |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Turn down your hot water heater | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Plant trees |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Take shorter showers, save water | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Volunteer to maintain parks & beaches |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Change showerheads to low-flow | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Support conservation programs |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Take showers rather than baths | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Explore and learn about your bio-region |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Turn off water when brushing teeth | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Practice preventative health care |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Keep blinds and curtains closed on cold nights | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Support ecologically sound products |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Use rechargeable batteries | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Don’t waste |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Learn where energy for your home comes from | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Teach children ecological wisdom & sustainability |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Learn where your sewage goes | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Become involved in community projects |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Discover where the rain goes when it leaves your yard. What pollutants are going with it? | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Be an active voter |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Plug appliances into a power strip so all power will be turned off when not in use (incl. TV, computers & printers) - avoid standby | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Attend Council meetings |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Unplug rechargeable devices when not in use | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Vote for people who understand and promote sustainability |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Mend and repair rather than discard and replace | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Watch less TV and increase creative learning |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Install dual flush toilets | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Take responsibility for your actions |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Use non-toxic pest control if possible | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Don’t bag your grass clippings; leave them as natural fertilizer |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Wash your vehicle on grass or gravel, not the street or driveway | C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Think globally – act locally |
| C:\Users\swoofter.NHCGOV\Documents\Images\NREE Symbol.jpg | Copy this and share it with others |



This list was modified by Sabrina Woofter, Natural Resources Area Agent for New Hanover and Brunswick Counties: Sabrina\_Woofter@ncsu.edu.