

SACRED ENVIRONMENTAL ACTIVISM

Ritual of Choice Checklist

What is being asked of us now is to create an alignment between human nature and the rest of the natural world—a mandatory alliance for the health and survival of all who live on planet Earth.

- **Reusable Water Bottle:** Only around 10% of all plastic water bottles get recycled. The other 90% take thousands of years to decompose.
- **Cloth Napkins:** If everyone in the United States used one less napkin each day, we would save over a billion pounds of napkins from ending up in landfills.
- **Vegetarian Diet:** It requires 2,500 gallons of water to produce one pound of beef.
- **Cold Water:** Use cool or warm water, instead of the hot cycle, for your laundry and you will save the energy comparable to 100,000 barrels of oil a day.
- **Home Grown:** Grow your own food whenever possible.
- **Hang Dry:** Save money, energy, and your clothes when you hand them out to dry.
- **Buy Local and Secondhand:** Support your local economy and reduce green-house gasses created by imported goods.
- **Cute Coffee Cup:** Buy a reusable mug that cuts down on waste and keeps your beverages hotter, longer.
- **Compost Scraps:** Composting is easier than you think and has a huge positive impact on the planet.
- **Matches:** Strike a match, not a lighter to burn your candles.
- **Online Bill Pay:** Reduce the amount of waste for paper statements.
- **Non-Toxic Cleaning:** Check the ingredients to eliminate toxic chemicals in your cleaning supplies and toiletries.
- **LED Light:** If every household in the US used just one eco-friendly bulb, it would reduce the pollution equal to removing a million cars from the road.
- **Reusable straws:** Over 138 billion straws and stirrers are thrown out to landfills each year. Skip the straws and coffee stirrers or use environmentally friendly replacements, like bamboo or metal.
- **Tote Bag:** The environmental cost of plastic and paper shopping bags is just too high. Carry a tote.
- **Shorter Shower:** Every 2 minutes you cut from your shower can save ten gallons of water.

