



☯ Ways to Reduce Paper Use at Home ☯

1. Instead of post-its or note pads, use a chalkboard or white board for communicating with your household.
2. Rather than using paper towels, use rags to wash and dry your car windows and to check the oil levels in your car.
3. Save a paper towel by using a cloth towel for cleaning up household messes, for cleaning countertops, tables, windows, mirrors and other household surfaces.
4. Instead of a tissue, use a cloth handkerchief for blowing your nose.
5. Instead of disposable paper napkins, use cloth napkins at meals.
6. Buy foods in bulk that would otherwise come in cardboard boxes – save the plastic bags and ties you use for the next shopping trip. Some stores will even give you a discount for reusing.
7. Get off junk mail lists by sending a post card to Mail Preferences Service c/o Direct Marketing Association, PO Box 9008 Farmingdale, NY, 11735. Include all the various ways your name is spelled on your junk mail. Or go to:
www.dmaconsumers.org/cgi/offmailinglistdave/

Plan for success, make it easy and convenient:

- Create a rag drawer or shelf and keep it full of large and small rags so they will be accessible to you when you need them – stock it with old socks, t-shirts, scraps of material, etc.
- Keep a rag in your car for when you need to check the oil or clean a surface.
- Keep handkerchiefs next to your bed, in your bathroom and wherever they would be handy.
- Have mason jars on hand for your bulk foods like cereal, rice, pasta, beans, popcorn, flour, sugar, oatmeal, nuts, seeds, raisins, dried fruit, teas, chocolate chips, baking soda, baking powder, hot cereal, etc. Large jars can be purchased at many grocery stores and hardware stores, or reuse the jars from pasta sauce, peanut butter, and other foods you buy.



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