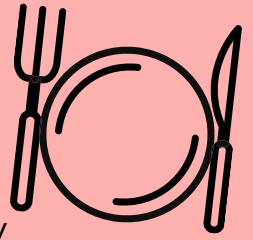


# CREATION TIPS: HOME

We spend lots of time and money on our homes. The time and money spent within these four walls can be done in a mindful and intentional way that has the health of its inhabitants and its neighbors in mind.



## 1 CUT YOUR SHOWER TIME BY FIVE MINUTES

Cut five minutes off your shower to save water. According to a study done by Harvard, the average American shower uses 2.5 gallons per minute. You will save 12.5 gallons of water if you shorten by just 5 minutes. Or, consider turning the water off while you lather up and only turn it on to rinse. Think about investing in low-water usage showerheads or low-flow toilets to reduce your water usage in the bathroom.



## 2 USE GREEN CLEANING PRODUCTS

Did you know some cleaning products have toxic chemicals that can harm your health as well as pollute God's creation? Environmentally friendly cleaning products protect the health of not only your cleaning staff but also your employees, by eliminating harmful substances and odors from the office. Check out the [EPA's](#) recommendations on greener cleaning products and how to spot "greenwashed" products.



## 3 GREEN YOUR LAUNDRY ROUTINE

Use cold water when washing clothes to reduce energy use. Energy is needed to heat water. You can also opt for a shorter wash cycle.

Only do laundry when the load is full. Not only does this save water and electricity but it also saves you money and time. You can either wait until you have more items to wash or combine your partial load with your family or housemates.

Avoid using energy to dry your laundry by hanging a laundry line or using a drying rack. This cuts down on your electricity bill as well!

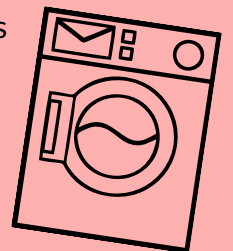


## 4 WAIT TO RUN THE DISHWASHER UNTIL IT IS FULL

Consider only doing dishes when you have a full dishwasher load or full sink. If you do dishes by hand, use a basin to conserve dish-washing water. This reduces your water use and saves you money on your water bill.

## 5 INVEST IN GREEN ARTS AND CRAFTS SUPPLIES

Do you or the kids in your life enjoy art? Buy recycled paper and products for projects. The recycling bin can also be a great place for creative minds to find materials. Nature is another great way to find art supplies. Using twigs, leaves, and flowers is an example of ephemeral art. Check out Child By Nautres's ideas for [Ephemeral Art](#).



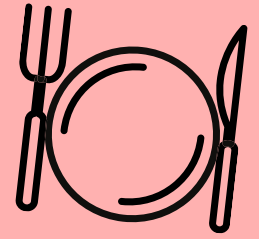
## 6 TRACK YOUR USE OF PAPER AND DISPOSABLE PRODUCTS

This week, watch how often you use paper plates, disposable utensils, and straws. See which of those items you can replace with reusable Tupperware and flatware that you can take with you. You can keep this in your car, purse, or backpack to use at a moment's notice.

# CREATION TIPS: HOME II

## 7 CHECK CABINETS FOR EXPIRED MEDICINE AND PROPERLY DISPOSE OF THEM

Avoid flushing medicines and other dangerous chemicals in the toilet or washing them down the sink. Instead, find your local med disposal location and take them there. This will help keep our drinking water clean and drug-free.



## 8 TRACK YOUR WASTE FOR A WEEK

Keep track of the waste that you create for a week. How much of it can be replaced with recyclables or reusables? What can you challenge yourself to live without? Make it a competition with your friends!



## 9 REUSE. YOU DON'T HAVE TO USE AN ITEM JUST ONCE RIGHT?

What disposable items in your life could you replace with a reusable option? Do you use cloth napkins or paper? Do you have a reusable water bottle or disposable? Do you use cleaning wipes or towels? Do you pack your lunch in plastic bags or in reusable containers? Plastic or reusable grocery bags? What about cloth diapers? Do you use disposable flatware or reusable?



## 10 PICK UP THE TRASH IN YOUR COMMUNITY

Go outside and pick up trash. You can invite a friend or small group from church to join you. You can enjoy fellowship and increase the amount of garbage collected.

## 11 TRY COMPOSTING AT HOME

Check out this guide from the [EPA](#) to learn how to compost at your home, or check [here](#) to see if your neighborhood has a curbside compost pickup option.

