

**itscool2care.org**

Sharing ideas, tools, and resources  
to make a difference TODAY.

### Daily Choices:

- ✓ Take a quick shower.
- ✓ Turn the water off while brushing your teeth.
- ✓ Replace the burned out light bulb with a fluorescent bulb.
- ✓ Turn off all lights and ceiling fans.
- ✓ Adjust the thermostat or put it on a timer.
- ✓ Use public transportation or carpool one day per week.
- ✓ If you stop for coffee, park the car and turn the engine off, leaving the car running in the drive thru wastes fuel and produces more pollution.
- ✓ Recycle while at the office- start a program if none exists.
- ✓ Run all errands in the same area- plan them so you can achieve all your tasks without making multiple trips.
- ✓ Keep reusable shopping bags in your car to avoid choosing paper OR plastic!
- ✓ Give out a snack bag while waiting at a stop light (refer to list of family activities for ideas).
- ✓ When arriving home from work, only use the light and ceiling fans in the rooms you occupy.
- ✓ Drop your change in a donation jar (identify a goal and recipient).
- ✓ Decide what you want to snack on or drink before you open the refrigerator- don't stand there with the door open.
- ✓ Have a sandwich or salad one night per week to reduce the use of gas or electric.
- ✓ Use cloth napkins instead of paper to reduce use of disposable items.
- ✓ Collect donation items at your book club or kid's practice (look at the monthly suggestions for ideas).
- ✓ Check itscool2care.org for more ideas for the next day.
- ✓ Only charge your electronic devices until fully charged, unplug them before you go to bed so they aren't wasting energy all night.
- ✓ Can't sleep? Do some internet research and email your findings and ideas to [itscool2care@yahoo.com](mailto:itscool2care@yahoo.com) so they can be shared on [www.itscool2care.org](http://www.itscool2care.org)