

50 Things I Do to Live Sustainably

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**Plan to add*

1. Reusable coffee/tea mug
2. Reusable water jar (mason jar with [drinking lid](#))
3. [Shake & Fold](#) method for drying hands with paper towels
4. [Portable, quick drying towel](#) (has now replaced above method)
5. Not using straws
6. *Take my own to-go containers when I'm eating out and may have leftovers
7. Reusable grocery bags and [produce bags](#)
8. Buying in bulk at grocery store, use reusable containers (no packaging)
9. Drive aiming for high gas mileage
10. Picking up trash when I see it
11. Buy clothing at secondhand stores
12. Recycled toilet paper from [Who Gives A Crap](#)
13. Turn off water when brushing teeth/washing face
14. Shave legs in the tub not shower
15. Make my own toothpaste
16. *Buy other toiletries that don't have packaging and are made locally
17. Menstrual cup/*period panties
18. Use a wash cloth, not a poof (don't last as long)
19. Use cold water over hot when possible (i.e. laundry)
20. *Line dry clothes
21. Do full loads of laundry
22. *Make own laundry detergent
23. *Use wool dryer balls
24. Make my own cleaning products
25. Use reusable mop (rather than products like Swiffer)
26. Use rags for cleaning instead of paper towels
27. Ferment my own foods
28. Switching to glass containers rather than plastic
29. Reuse baggies when possible
30. Run dishwasher only when full
31. Hand-washing dishes more
32. *Use rags, not sponges for kitchen sink
33. Use rags instead of paper towels
34. Reusable napkins
35. Toaster oven over oven when possible.
36. *Compost
37. Recycle with the city
38. Recycle cans and bottles
39. Grow my own food
40. [Stainless steel coffee pour over](#)
41. Loose leaf tea instead of bags
42. Turn off lights when not in the room
43. Moderate setting on thermostat
44. Energy efficient light bulbs
45. Unplug things when not in use
46. Close some vents in the house to distribute heat and air better
47. Well sealed doors and windows
48. Reuse scrap paper
49. [Hanky Book](#) instead of tissues
50. Up-cycle or donate older items

