



Environmental Menu

This menu is designed to suggest changes we can make as consumers to help our environment and our future. By selecting just a few options we can impact our world for the better in **BIG** and small ways.



REDUCE, REUSE, RECYCLE (in that order)

Appetizers	Lighten Up	Entrees	Dessert
Use 'traveler' mugs for coffee and beverages (some places will give a discount – i.e. Starbuck's gives 5 cents off)	If running tap water for hot or cold, save extra for other uses	Use power strips for electronics – turn off when not in use.	On-line banking (electronic invoices and bank statements)
Use canvas shopping bags (some places will give a discount – i.e. Piggly Wiggly and Festival gives 5 cents off <i>PER BAG</i>)	Give up one napkin per day – only take when necessary	Patronize businesses with strong environmental practices	Use "light wash" on dishwasher and washing machine
Turn off water when brushing teeth – or better yet, only use 1 cup of water when brushing your teeth	Plan a family or neighborhood clean-up day (along a road, park, etc.)	Recycle at all times (if there is no recycling in the immediate area, take recyclables home)	REUSABLE "Glass Bottle" milk (Piggly Wiggly and Festival)
Reusable water bottles	Use a lunchbox	Pack your own lunch	Tune up your engine
Rechargeable batteries – save waste and keep batteries out of landfills	Lower heat or turn off AC when out of the house	Purchase a hybrid or other fuel-efficient vehicle	Shop online (save time and gas by not driving all over to find that hard to find item)
Use both sides of paper	Donate and buy second-hand items	Car pool or use mass transit	Encourage businesses to recycle
Wait longer to cut your grass	Get out and enjoy nature – hike, bike, etc.	Walk, ride a bike, or drive a moped or scooter	Reuse plastic silverware
Purchase products with less packaging	Buy local produce (farmer's market)	Donate to environmental organizations	Reuse Ziploc bags and "disposable" containers
Re-use cleaning rags instead of paper towels	'Earth Friendly' cleaning supplies (like Shaklee and Target's Method)	Purchase a programmable thermostat	Get eggs and meat from local farmers
Plan errands wisely to cut down on miles	Buy in bulk purchases	Use a mulching mower or compost clippings	Run dishwasher only when full
Request "no receipt" unless needed	Ask for no straw with beverages	Plant trees	Use cold water to wash clothes
Make sure tires are properly inflated	Seek and use returnable bottles	Compost all organic waste	Bring containers from home for leftovers
Turn off lights, TVs, radios when out of the room	"Can I take that without a bag, please?"	Turn off your car engine when idling at drive-thru windows	ENCOURAGE others to go GREEN

