



## ***Green Recipe for the Kitchen***

**Compost**: Use kitchen scraps like fruit, veggies, coffee grounds mixed with dry leaves/grass clippings in a bin or site in your yard. Regularly rotate to form rich organic compost for your garden. Savings: 832lbs of CO2 saved/year.

**Garbage Bags**: Avoid plastic bags, which **never** biodegrade, in favor of 100% biodegradable.

**Dishwasher**: Run full loads, if poss. on the quick wash setting. If hand washing, don't let the tap run continuously. Energy-star washers use less than hand washing.

**Water Filters**: If concerned about clean water, use filters rather than buying bottled water. Every hour Americans throw away 2.5 million water bottles, which are made from a non-renewable resource: oil!

**More ideas:** [www.betterworldbetty.org](http://www.betterworldbetty.org)

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## ***Green Recipe for the Bathroom***

**Brushing Teeth**: Use toothbrushes made by Preserve, a company who completely closes the loop by using all recycled products and recycling all their products! Turn off the tap while you brush. Savings: 5 gallons/day.

**Toilet**: Flush one less time per day. Saving 4.5 gallons water/day—as much as the average person in Africa uses for a whole day of drinking, cooking, bathing, cleaning.

**Showers**: When showering, take 3 minutes. (Every minute= 5 gallons!) Even better: skip a day.

**More ideas:** [www.betterworldbetty.org](http://www.betterworldbetty.org)



## ***Green Recipe for the Living Room***

**Junk Mail:** Go to [www.betterworldbetty.org/nojunkmail.htm](http://www.betterworldbetty.org/nojunkmail.htm) for easy ways to reduce junk mail. Saving: 1.5 trees/year.

**Recycle:** Americans throw away more paper than anything else. Recycle your newspapers, magazine, junk mail. Savings: 581 lbs of CO2/yr.

**Light Bulbs:** Change to Compact Fluorescent Light bulbs or even better LED bulbs. If every US household replaced 5 bulbs, we would take 8 million cars off the road in savings!

**Drapes/Shades:** Closing curtains in the heat of summer and the cold of winter can reduce your energy needs up to 25%.

**Electricity:** Buy power strips and turn it off at night. Even in standby or sleep-mode, appliances and electronics can still use 40% of their running power! (This could save \$70 in electric bills.)

**More ideas:** [www.betterworldbetty.org](http://www.betterworldbetty.org)



## ***Green Recipe for the Utility Closet***

**Dry Cleaning:** Use Eco drycleaners or Evergreen, two eco-friendlier options. Return your hangers for recycling and opt out of plastic garment bags.

**Dryers:** Clean your dryer lint each load. Better yet: Line dry. Avoid fabric softeners.

**Washers:** Use cold water and save 90% over the energy used when on the hot-water cycle.

**Water Heaters:** Set it no higher than 120 degrees.

**More ideas:** [www.betterworldbetty.org](http://www.betterworldbetty.org)



## *Green Recipe for the Garage*

**Car Idling**: An idling car emits over four times the pollutants as a car that's moving. Turn off the car.

**Car Wash**: A commercial car wash, especially since they reuse their water, uses 50% less water than a home wash.

More ideas: [www.betterworldbetty.org](http://www.betterworldbetty.org)

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## *Green Recipe for the Backyard*

**Lawn**: Never apply more fertilizer than you need. Over-fertilized lawns are more susceptible to disease and can contaminate our water. Try organic fertilizers (the new generation of products on the market is far more effective)

**Sprinklers**: If you must, water in the early morning or evening, but not every day. An hour per week should suffice.

**Lighting**: Use motion sensors.

**Harvest Rainwater**: Use a barrel.

**Drip Irrigation**: For flowerbeds and gardens, use drip irrigation or soaker hoses, rather than regular sprinklers. You can save up to 70% of the H<sub>2</sub>O because of less evaporation and more H<sub>2</sub>O at the base rather than the leaves.

More ideas: [www.betterworldbetty.org](http://www.betterworldbetty.org)



## ***Green Recipe for Finances***

- Decline the receipt when banking at ATMs.
- Put your money in the community credit union.
- Sign up at your bank to pay bills online.
- Turn off your engine at the teller/drive-through. Idling emits many more pollutants.
- Write a letter or call your bank to request a voluntary no-idling policy.
- Put money into socially responsible investing.

**More ideas:** [www.betterworldbetty.org](http://www.betterworldbetty.org)

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## ***Green Recipe for the Classroom***

**Paper:** Make sure your school recycles. The average school tosses 38 tons of paper. Also, urge them to use 100% post consumer paper with a FSC label.

**Lunch:** Eliminate plastic bags, juice boxes and other disposables; instead pack paper napkins and reusable drink and food containers.

**Carpool:** Check out [www.rideshareinfo.org](http://www.rideshareinfo.org) for info about school pools near you.

**Cleaning and Crayons:** Ask your school to use green cleaning solutions and avoid crayons made from paraffin wax, which is petroleum-based.

**Pencils:** Use pencils made from recycled material and not new trees! “Earth Write” is one such brand.

**More ideas:** [www.betterworldbetty.org](http://www.betterworldbetty.org)



## ***Green Recipes for Your Home***

**Heating/Cooling:** Lower your thermostat in the winter; raise it in the summer. For each degree, you save about 1% on heating costs and carbon emissions.

**Buy Energy-Star Appliances and Electronics.**

**Install Low-Flow Plumbing/Faucets.**

**Use ceiling Fans Instead of AC:** It costs a penny to run a ceiling fan for an hour, compared to 16 cents for AC, and 43 cents for central air.

**Insulation:** Having 12” of recycled-content insulation (cellulose) can amount to big savings.

**Create an Envelope:** In order for your house to be as efficient as possible, it must be well sealed. Seal cracks around doors, windows with rope caulk, a caulking gun, or other sealing method.

More ideas: [www.betterworldbetty.org](http://www.betterworldbetty.org)

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## ***Green Recipe Dining Out***

Choose a restaurant that...

- Is family/locally-owned.
- Carries a selection of local fruits and vegetables.
- Is sensitive to packaging for take-out (they avoid Styrofoam). For dine-in customers, they use dishes and flatware (instead of single-use disposable items).
- Avoids bleach-free, uses recycled products in their restrooms and dining area.
- Participates in recycling.

More ideas: [www.betterworldbetty.org](http://www.betterworldbetty.org)



## ***Green Recipe for Transportation***

- At least once a week: bike, bus, carpool or walk.
- Buy the highest fuel efficiency car you can afford. Check: [www.ucsusa.org](http://www.ucsusa.org).
- Keep your car maintained, check tire pressure, change oil, drive smoothly, and avoid AC.
- Turn off your engine if you will be idling more than 60 seconds. An idling car emits **many** more times the pollution.
- Track your miles per week and eliminate unnecessary trips.

More ideas: [www.betterworldbetty.org](http://www.betterworldbetty.org)

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## ***Green Recipe for Food Choices***

- Aim for a set amount of local food per week from local markets, farmer's markets, CSAs, or food coops (check Betty's directory under food).
- Buy organic when possible. Organic means less pesticide use: healthier for you and the land. Avoid the dirty dozen list of fruits and veggies which absorb chemicals more readily: Peaches, Apples, Sweet Bell Peppers, Celery, Nectarines, Strawberries, Cherries, Spinach, Potatoes, Red Raspberries, Grapes – Imported, Pears.
- Pay attention to packaging. Is it recyclable?
- When it comes to eggs, opt for local, organic, cage-free.
- Avoid highly processed foods.

More ideas: [www.betterworldbetty.org](http://www.betterworldbetty.org)



## ***Green Recipe for Detoxing the Home***

- Use low or zero-VOC paint.
- Use natural or green cleaning products or make your own using combinations of vinegar, lemon juice, baking soda, water and salt.
- Properly dispose of household hazardous waste at the community HHW recycling day: check Betty's events page for spring and fall dates.
- Use natural wood oil on floors.
- Rather than purchasing many cleaning products, save money by using an all-purpose cleaner like Borax.

**More ideas:** [www.betterworldbetty.org](http://www.betterworldbetty.org)

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## ***Green Recipe for Your Office***

- 40% of municipal waste is still paper, so recycle as well as buy only 100% post consumer recycled paper from local suppliers as well as thinking twice before printing.
- Participate in a recycling program (which is easy if you're in the city). Check My Recycling Club or Allied Waste if your business is in the County.
- Laptops use 50-90% less energy than a desktop.
- Encourage carpooling, alternative transportation choices, telecommuting, possibly a four-hour week.
- Avoid disposables at the office; instead encourage reusable bottles, mugs and dinnerware.
- Use green cleaning products, which are biodegradable, safer for you and the planet

**More ideas:** [www.betterworldbetty.org](http://www.betterworldbetty.org)



## ***Green Recipe for Your Pets***

- Say *No* to puppy mills. Instead, choose your local SPCA or a rescue group to find a furry friend.
- Spay your pets. Over 3 million pets are euthanized yearly.  
Toys: opt for organic cotton or hemp and avoid nylon, vinyl and plastic.  
Use 100% biodegradable poop bags.
- Avoid cat litter with clay (it's strip-mined) in favor of biodegradable brands like *Yesterday's News*.
- Buy a pet food low in filler like *Natura* brand or have your pet eat local with Sammy Snacks.

More ideas: [www.betterworldbetty.org](http://www.betterworldbetty.org)

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## ***Green Recipe for Your Coffee Cup***

*Brought to you by Mudhouse Coffee and the Uncommon Cup coffees  
All sustainably grown, harvested, and freshly roasted every week!  
Offer more tips at [www.mudhouse.com](http://www.mudhouse.com)*

**When Brewing at Home:** Avoid disposable filters (if you have to use paper, bamboo is eco-friendly) \*Use your grinds to feed your garden or plants

### **When Purchasing Coffee:**

- **Buy local:** Local coffee shops use local vendors, suppliers, roasters creating a smaller footprint
- **Choose good coffee:** Socially responsible and environmentally friendly grown – ask your barista!
- **Choose fair trade/organic:** (With a grain of salt: some smaller farms are just as eco-friendly but cannot afford the certification process that goes along with these labels).
- **Say No to Styrofoam cups:** Bring your own reusable mug. Bring them back into the coffee shop so they don't use a new cup. Find another use for cups: postcards, envelopes, artwork.

More ideas: [www.betterworldbetty.org](http://www.betterworldbetty.org)



## *Green Recipe for the Kitchen Part 2*

- Buy a share from a CSA (community sustained agriculture) farm or food cooperative in your community.
- Reduce your consumption of red meat, which is an extremely resource-intensive.
- Go to [www.seafoodwatch.org](http://www.seafoodwatch.org) for a wallet card that shows which fish to eat and which carry environmental considerations.
- Purchase Virginia wines and recycle the cork by sending them to the cork brigade at [www.terracycle.net/cork/cork.htm](http://www.terracycle.net/cork/cork.htm).
- If you occasionally purchase drink pouches for your kids, send the empty pouches to [www.terracycle.net/dpb/dpb.htm](http://www.terracycle.net/dpb/dpb.htm)

More ideas: [www.betterworldbetty.org](http://www.betterworldbetty.org)

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## *Green Recipe for Your Shopping*

- **Buy Second-Hand**: Check Betty's directory for a list of the best local consignment shops.
- **Borrow**: Host a clothing, toy or book swap.
- **Buy Only Rechargeable Batteries**: Store them in the fridge and give them a full charge after complete emptying.
- **Look for the Fair Trade Label**
- **Bring Reusable Bags**: Avoid annoying, petroleum-based plastic bags.

More ideas: [www.betterworldbetty.org](http://www.betterworldbetty.org)



## ***Green Recipe for Travel***

- Offset your travel with carbonfund.org, or a similar reliable non-profit organization.
- Opt for a “staycation” by exploring the activities in your own city.
- Choose a hotel company with environmental awareness/practices that fit your values.
- Choose the water savings options (reusing towels, for example).
- Choose a hybrid rental car or highly fuel-efficient model.
- Opt to go “couch surfing” or stay at someone’s home.

**More ideas:** [www.betterworldbetty.org](http://www.betterworldbetty.org)



## ***Green Recipe for Your Baby***

- Buy only BPA, phthalate-free plastics.
- 2.5 years = 6,000 diapers! Choose a biodegradable brand, which is chemical free, OR choose cloth diapers (but be mindful of excess water use or use of harsh detergents).
- For clothing, borrow or buy second-hand.
- Purchase zero-VOC paint for the baby room.
- Avoid PVC when buying products and toys.
- Shop locally at *Nature’s Child* or *Blue Ridge Eco*.

**More ideas:** [www.betterworldbetty.org](http://www.betterworldbetty.org)