



Betty's **HOME MENU**

SET THE TABLE for a GREENER HOME

What's COOKIN'?

Choose from the following list of fun and friendly locally-based actions that will increase eco-living in your home and help build a better, cleaner world!

Key: **E:** ENERGY **W:** WASTE **H₂O:** WATER **T:** TRANSPORTATION **P:** PURCHASE **L:** LEADERSHIP

A LA CARTE

1 pts. ea.

Simple, fast and easy actions you can complete at any time.

Replace an incandescent bulb with a CFL or LED. **E**

Visit McIntire Recycling Center. **W**

Increase your thermostat by 1 degree in the summer or decrease your thermostat by 1 degree in the winter. **E**

Turn off water when scrubbing dishes or brushing your teeth. **H₂O**

Pack a reusable mug/water bottle for a low waste lunch. **W**

Have a car-free day. **T**



MAIN DISHES

3 pts. ea.

These actions are more ful-"filling" for your home and family.

Sign up for a LEAP home-energy check up. **E**

Install a programmable thermostat. **E**

Install a rain barrel for outside watering needs. **H₂O**

Replace an old toilet for a higher efficiency or Watersense variety. **H₂O**

Kick the plastic habit for 21 days (no plastic bags or plastic water bottles). **W**

Ride your bike to work or carpool. **T**

STARTERS

2 pts. ea.

Simple easy action that are starters on reducing your footprint.

Agree on new family procedure: use both sides of all papers for a month. **W**

Replace a traditional cleaning product with an environmentally-friendly version. **P**

Bring your reusable bags to the grocery store. **W**

Send Betty's anti-styrofoam letter to your favorite restaurant. **W**

Go meat-free one day every week. **P**

Lower your cook-print by covering the lid on all pots and pans while cooking. **E**

Run your washing machine and dishwasher with only full loads. **H₂O**

Keep VA beautiful with 30 min of litter collection (extra points for cigarette butts!). **W**

Start buying organic food (at least the "cleaner dozen"). **P**

Use this calculator to reveal phantom loads and start unplugging to save! <http://www.kcpl.com/phantomCalc/phantomCalc.html>. **E**

Stop the junk mail with CatalogChoice.org, credit card offers (1-888-5-OPTOUT), and other junk mail DMAchoice.org). Or 41pounds.org will do it for you for \$35. **W**



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FAMILY STYLE

4 pts. ea.

Already living the eco-lifestyle: prepare a bigger feast.

Complete a home energy efficiency project. **E**

Attend a community eco-event (e.g. Betty river cleanup, climate change rally, veggie fest). **L**

Compost at home or sign up for residential pickup of commercial composting collection. **W**

Plant native grasses, flowers, drought-resistant plants, or your own veggies. **H₂O**

Discover your waste streams and recycling opportunities by doing a family trash dump. **W**

Buy carbon offsets for your next family vacation or green energy (RECs) for your home. **T**

Enjoy the bliss of borrowing by hosting a clothing, toy or book swap. **W**

Go on a "carbon-fast": Turn off all electronics, skip the car, walk in nature. **E**

Source separate all your recyclables (rather than doing the "all-in-one"). **W**

SWEETS

2 pts. ea.

Dessert-Indulge by feeling good and sharing your accomplishments.

Inspire others by posting what you've done on your Facebook, Instagram, or Pinterest. **L**

Host an zero-waste, locally-sourced, and organic pot-luck dinner with your friends. **L**

Put a Better World Betty bumper sticker on your car to spread the love. **L**

Submit a photo of you in eco-action to Betty's FB page and your personal page. **L**

Get a Betty t-shirt and use it as a conversation piece to talk about your eco-actions. **L**

Gather friends, family, neighbors for a meditation on love and compassion for the planet. **L**

How to set the table for a greener home!

We can't save the world on an empty stomach and without a little fun. Here's how:

1. Place your order in person or at betterworldbetty.org/homemenu
2. Complete actions in the next month
3. Record your success at www.betterworldbetty.org/homemenu

Enjoy the savings, stewardship and community fun of this veritable green feast.

Substitutions, additions, innovations are welcome!

Come see us!

www.betterworldbetty.org

And, hey!

Better World Betty is a fiscally sponsored project of United Charitable Programs-a registered 501(c)(3) public charity.