

ECO-ACTION FOR THE WEEK

May 14, 2021 – Actions for Our Own Dear Planet



Eco-check your kitchen:

- Check labels to be sure soaps and cleaning products are biodegradable.
- Use cloth towels and multi-use cellulose sponge cloths rather than paper towels.
- Close the fridge door asap to save energy.
- Reduce food waste: keep food organized and visible, buy what will be consumed.
- Use glass containers rather than plastic ones.
- Compost food scraps. [Kitchen Composting - 6 Tips to Help You Compost in Your ...](https://www.imperfectlyhappy.com/kitchen-composting-tips) <https://www.imperfectlyhappy.com/kitchen-composting-tips>
- Fill your freezer. They are more efficient when full. Freeze left-overs for later meals.
- Repurpose or reuse resealable plastic bags — but only if they were *not* used to marinate or store raw meat, fish, eggs, or common allergens.
- Clean refrigerator coils and be sure gaskets are well sealed.
- Be sure new appliances have Energy Star seals.
- Recycle or safely dispose of outworn appliances when and where they are accepted.
- Never pour oils down your drain. Your city or nearby university might accept used cooking oils and convert them into biofuel.

Click here to download this eco-action as a PDF document.