

PLASTIC

- I use cloth bags for shopping
- I prefer products that come in glass containers
- I reutilize plastic bags i.e. to pack lettuce and other vegetables
- I drink in glass or real cups
- I have enough cloth bags at work, in the car and at home
- I avoid food in plastic containers
- I reject unnecessary plastic bags
- I prefer porcelane, glass and ceramic food containers
- I avoid products that come in two or more packagings
- I don't use plastic wrap
- I avoid products sold in plastic nets and-or styropor trays
- I don't use discardable plastic plates, cups or cuttlery
- I dont use oxo biodegradable bags
- I don't use plastic straws
- I avoid plastic gift laces and wraps
- I don't buy bottled water

WEEK	EXPERIMENT	COMMENTS

VERDE The Experiment

PAPER-AT WORK

- I use the ressources mindfully
- I prefer unbleached toilet paper, napkins and paper towels
- I use both sides of a paper sheet
- I dont waste napkins
- I reuse printed paper to make notes
- I have my own coffee cup
- I prefer taking notes to printing
- We don't use discardable cups, plates or cuttlery
- I print only the necessary
- We recycle
- I use my notebooks, booklets or post its before I buy new ones
- I turn off the Wi Fi when we go
- I prefer recycled paper products
- I use public transport or car pooling to get to work

WEEK	EXPERIMENT	COMMENTS

VERDE The Experiment

WATER

- I close the tap when:
- I shower every other day
- I brush my teeth
- I dont use the toilet to discard trash
- I shave
- I check and repare pipes and leaks
- I soap myself in the shower
- I avoid bottled water
- I scrub the dishes
- I have my own bottle for water.
- My sink is free of:
- I wash my car with a bucket or a hose that can be regulated
- Edible oils*
- I collect rain water for the plants
- Car oils*
- I water my plants early in the morning or at night time
- Paint, varnishes, solvents*
- I use organic products for my plants and garden
- Another chemicals *
- I dont use bleach
- Medicines*
- I prefer eco friendly clean products

*You can discard them in newspaper enclosed in a plastic bag or in their own closed containers. Never discard medicines in the drain.

WEEK	EXPERIMENT	COMMENTS

VERDE The Experiment

CLOTHES

- I wash clothes only if they need it
- I exchange clothes with friends and family
- I wash them with cold water
- I give away the clothes I don't use anymore
- I use enviromental friendly detergent and softener
- I think if I need something before I buy it
- I skip the bleach. I use alternatives
- I do hand wash
- I prefer to buy organic cotton clothes
- I repare and maintain my clothes and shoes
- I prefer clothes made of natural fibers like cotton and avoid vinyl, fleece and glitter

WEEK	EXPERIMENT	COMMENTS

VERDE The Experiment

More at <https://verdetheexperiment.blogspot.com>

ENERGY-FUEL

- I walk all distances under 3 miles
- I use bicycle
- I use public transport
- I avoid using taxi unless necessary
- I do carpooling
- I keep my car in good condition
- I drive at a moderated speed
- I organize myself to do as many shores as possible in one ride
- I change my electricity provider to one that doesn't use fuels or coal
- I try to reduce my number of flights
- I make the most of day light
- I turn off the lights when I leave a room
- I turn off electronic devices when I am not using them
- I charge my devices only for the time needed
- I open the fridge for short time
- I avoid using air conditioning
- I use warm clothes at home during winter
- I set the fridge's temperature low
- I avoid using the oven to prepare small quantities of food

WEEK	EXPERIMENT	COMMENTS

VERDE The Experiment

WASTE REDUCTION

- I carry waste until I find a wastebin
- I think if I really need to buy "it".
- I buy products with little packaging
- I avoid take out food like coffee to go
- I prefer materials I can recycle
- I reuse plastic bags, carton, paper...
- I separate my waste (recycling, organic and rest)
- I learn how to recycle and do it
- I use my organic waste for the compost
- I keep the sidewalk and its drain clean of trash
- I care about the world with my community (cleaning green areas, growing local trees, etc)
- I share information with friends and family

WEEK	EXPERIMENT	COMMENTS

VERDE The Experiment

FOOD

- I prefer fresh products than processed or canned food
- I prefer season's vegetables and fruits
- I prefer local products than foreign
- I prefer organic products
- I skip plastic nets and styropor
- I prefer products in few packaging
- I skip aluminium packed products
- I make shopping lists
- I check what is in the fridge before cooking and buying
- I serve myself what I can eat
- I pack the left overs appropriately
- I get to use my food. I don't waste food

WEEK	EXPERIMENT	COMMENTS

VERDE The Experiment

DRUGSTORE-CHEMICALS

- I use natural- home made beauty treatments
- I use less personal care products
- I finish the products I have at home before I buy new ones
- I prefer organic and environmentally friendly cosmetics and clean products
- I prefer products that don't experiment in animals
- I refuse to buy products with aluminium packaging
- I look for recyclable packaging
- I never get rid of cosmetics, medicines, paints or varnish through the drain or the toilet
- I don't buy products that contain parabens*
- I prefer water based paints, varnishes, etc.
- I don't throw away paint or varnish. I ask neighbours and schools if they need it.

*You can check the toxicity of your cosmetics here:
<http://www.ewg.org/skindeep/?nothanks=1>

WEEK	EXPERIMENT	COMMENTS

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