

This one is all about forming a good habit. Either reuse your grocery bags or buy some cloth bags and keep using them. Trader Joes has the best reusable grocery bags. If you keep them in your car, you won't forget them and you'll feel good about making a difference.

Brushing Your Teeth

This is a simple one! Turn off the tap water when brushing your teeth and save as much as ten gallons of water per day, per person. For a family of four, that's 14,600 gallons of water per year.

Tips to Follow to be Green

- Buys large tubs of yogurt, etc. and then portion it out yourself
- Use the slow cooker and microwave more often since they are more energy efficient than the oven
- Use the library, but make sure you return books on time. You can even borrow and download DVDs so you don't have to buy them!
- Give new life to last year's clothes with cheap accessories rather than buying new clothes
- Use rags or sponges instead of paper towels for cleaning. Damp sponges can be zapped for a minute in the microwave to kill the germs.