**GREENFAITH IDEAS FOR THE NEW YEAR**

Here are some ideas for actions you can take in the areas of water and food. The actions are divided into small steps and big impact steps just as a guideline.

# Water

## Small Steps Big Impact Steps

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| **Already doing**  | **Will try to do**  |  |
|  |  | I will use my dishwasher to wash dishes, utilizing the water saver function (if applicable) and the air dry option. If I do not have a dishwasher, I will shut off the water in between washing dishes.  |
|  |  | I will turn off the water while I brush my teeth or shave.  |
|  |  | I will take shorter showers.  |
|  |  | During dry spells, I will keep a bucket in the shower when I warm up the water and use this “grey water” for my garden or flowers.  |

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| **Already doing**  | **Will try to do** |  |
|  |  | I will install WATER SENSE rated faucet flow aerators on all of my faucets, low-flow showerheads in my shower(s), and a toilet tank bank in my toilet(s). See Niagara Conservation’s water conservation kit http://www.niagaraconservation.com/water\_conservation/products/water\_ecokits  |
|  |  | Any future appliances I buy will be EPA WATER SENSE rated.  |
|  |  | I will no longer purchase bottled water. I will carry a reusable PET-free water bottle to avoid having to purchase bottled water whenever possible.  |
|  |  | If I have a private well, I will test my well water for contaminants.  |

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# Food

## Small Steps Big Impact Steps

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| **Already doing**  | **Will try to do** |  |
|  |  | I will eat entirely vegetarian foods, free of red meat, fish, chicken or turkey, at least one day per week.  |
|  |  | I will purchase only Fair Trade, organic, bird-friendly coffee.  |
|  |  | I will eat, and will feed my family, local / sustainably-grown fresh fruits and vegetables where possible.  |

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| **Already doing**  | **Will try to do** |  |
|  |  | For at least 1 shopping trip a month, I will shop at the local farmers’ market or farm stand that offers produce from local farms during growing season.  |
|  |  | I will eat or pack meatless lunches for myself and my family at least 3 days per week.  |
|  |  | I will buy a share in CSA (community supported agriculture).  |
|  |  | I will purchase as much organic food as my food budget will allow. This includes assessing my food purchases to find areas where I can cut back so that I can invest more in organic food purchases.  |
|  |  | For at least two meals per week or two meals more than what I am doing currently, I will cook from scratch to cut back on my purchase of packaged meals.  |
|  |  | I will limit my family’s intake of soda and sugary drinks to two times per week or less, to establish healthier habits and to limit the number of plastic bottles we use.  |

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