

CONSUMPTION CHECKLIST



DONE	Water	TO DO
	Install low flow fixtures, aerators	
	Take shorter showers	
	Filter water instead of bottled	
	Install smart/drip irrigation	
	Replace turf w/drought tolerant	
	Catch greywater or rainwater	
DONE	Food	TO DO
	Eat plant-based meal ___days/wk	
	Eat a vegetarian or vegan diet	
	Eat whole foods not processed	
	Raise chickens	
	Buy fruits/veggies in season	
	Buy organic	
DONE	Waste	TO DO
	BYO bottle, dish, bag, jar	
	Compost/vermiculture	
	Recycle glass, plastic, metal	
	Repair, repurpose, or donate	
	Use rechargeable batteries	
	Buy in bulk/avoid packaging	
	Use cloth bags instead of paper	
DONE	Shopping	TO DO
	Invest in higher quality stuff	
	Buy local & at farmers markets	
	Research with web, phone	
	Buy recycled products	
	Reduce unnecessary shopping	
DONE	Share or Rent	TO DO
	Share tools, equipment w/others	
	Trade services or expertise	

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