**Suggestions for VIVAT Ecological Life Style Check List**

**Add the points which fit to your situation!**

**In the House**

* Do not use single-use products, especially plastic.
* For daily use of plastic bags, use biodegradable ones.
* Shut off lights, PC, TVs and appliances when not in use.
* Unplug cell phone and laptop chargers when not in use.
* Reduce, reuse, recycle for a less wasteful life style.
* Put the electricity, water, gas bills etc. on the bulletin board of your community.
* Print only when necessary. Print on both sides of the paper.
* Adjust your thermostat lower in winter, and your air conditioner higher in summer.
* Donate or recycle used clothing or appliances.
* Keep curtains closed at night to cut down on heat loss.
* Install solar panels for electricity or hot water.
* Get yourself removed from catalog and junk mailing lists.

**In the Kitchen, Bathroom & Laundry**

* Install a fuel-efficient stove where people use fire wood.
* Shut off the tap while brushing your teeth.
* Collect water from laundry to clean floors and flush toilet.
* Bring your water bottle, do not buy bottled water.
* Filter tap water for drinking.
* Use the microwave instead of the oven.
* Use bio-friendly soaps and cleaners.
* Wash laundry in cold water. Only run full loads.
* Keep the dryer filter clean. Hang clothes to dry if possible.

**In the Yard**

* Plant trees and vegetables.
* Collect rain water to use for watering the garden.
* Use compost and natural fertilizers instead of yard chemicals.

**At the Store**

* Do not get plastic bags. Bring your own bag.
* Purchase locally made products whenever possible.
* Buy items that are made from recycled materials.
* Buy fair trade, sustainable products. (see below)

**On the Road**

* Walk or ride a bike for short journeys.
* Use public transportation.
* Keep your tires properly inflated.
* Drive a high mileage or hybrid vehicle.
* Take direct flights instead of connecting flights if possible.
* When traveling, turn down your thermostat and water heater.

**Social life**

* Participate in elections.

This list was made in reference to “The monthly Checklist” by SMEAD.

For more information, visit: <https://www.un.org/sustainabledevelopment/takeaction/>

Fair trade, sustainable products logos:



For more information, visit: <http://www.ecolabelindex.com/>