

# Stewardship of the Earth

## FOR ADULTS

*Return this copy to the parish.*

Please indicate what commitments you are willing to make to be a good steward of our Earth.

- Recycle newspapers, paper, cardboard, glass, tin, plastic, and aluminum
- Remove caps from all plastic bottles before recycling (otherwise, they will be sent to landfill)
- Check the tire pressure of your car to maximize mileage and save gas
- Donate unwanted clothes & other items to charity or thrift store
- Replace traditional light bulbs with CFL's (compact fluorescent light bulbs)
- Do not use styrofoam; when possible, use compostable products and purchase products made from recycled materials
- Reduce use of disposable products
- Use reusable grocery & shopping bags
- Bring your own mug or cup to events where you know beverages will be served
- Take shorter showers
- Adjust home thermostat by a few degrees
- Wash clothes in cold water and air dry when possible
- Consider carpooling
- Buy organically grown fruits & vegetables
- Use earth-friendly cleaners that are biodegradable and designed to protect the environment
- Consider composting
- Other: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_



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