

It's Not Easy Being Green

Directions:

Circle the number of each item that describes what you have done or are doing to help the environment.

1. When walking or camping I never leave anything behind.
2. I ride my bike, walk, carpool or use public transportation whenever possible.
3. I have written my representative in the state or federal government about environmental issues.
4. I avoid turning on the air conditioner or heat whenever possible.
5. My shower has a low-flow showerhead.
6. I do not run the water while brushing my teeth, shaving, or handwashing clothes.
7. I take showers instead of baths.
8. My sink faucets have aerators installed in them.
9. I have a water displacement device in my toilet.
10. I snip or rip plastic six-pack rings before I throw them out.
11. I choose recycled and recyclable products.
12. I avoid noise pollutants. I sit away from speakers at concerts, select an apartment away from busy streets or airports, and so on.)
13. I make sure my car is tuned and has functional emission control equipment.
14. I try to avoid known carcinogens such as vinyl chloride, asbestos, benzene, mercury, X-rays, and so on.
15. I don't buy products that contain CFCs or methylchloroform.
16. When shopping, I choose products having the least amount of packaging.
17. I dispose of hazardous materials (old car batteries, used oil, or used antifreeze) at gas stations or other appropriate sites.
18. If I have children or when I have children, I will use a diaper service as opposed to disposable diapers.
19. I store food in glass jars and waxed paper rather than in plastic wrap.
20. I use as few paper products as possible.
21. I take my own bag along when I go shopping.
22. I avoid products packaged in plastic and unrecycled aluminum.
23. I recycle newspapers, glass, cans, and other recyclables.
24. I run the clothes dryer only as long as it takes my clothes to dry.

25. I turn off lights and appliances when they are not in use.

Scoring and Interpretation:

Count how many items you have circled. Ideally, you can be doing all these things, but if you are trying to do at least some, you can score yourself as follows:

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| 20 - 25 | Good contributions to maintaining the environment. |
| 14 - 19 | Moderate contributions to maintaining the environment. |
| Below 13 | Need to consider ways to better help the environment. |