



# LIVING GREENER DURING COVID-19

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## Reduce plastic use

- When shopping, put groceries back in your cart and pack them in reusable bags in the car
- Watch [films](#) about plastic pollution together
- When ordering food for carry-out, ask if paper or foil packaging can be used instead of plastic. Tell them you don't need extras, like condiment packets, utensils, or napkins.
- Plan a plastic-free lunch day at home
- Audit your routine by looking at the plastic you're currently using. Set a goal to slowly replace these items with plastic-free alternatives.
- Buy large containers of food rather than individual sizes, eg. yogurt
- Follow these [tips](#) to pack a waste-free lunch from home
- Participate in the [Garbage Challenge](#) as a family
- Do a litter pick-up in your neighborhood

## Recycling/composting

- Start [composting](#)
- Try communal composting and share a bin with neighbors
- Recycle right
  - Containers must be empty and clean (tip: wash hard to clean jars in dishwasher)
  - Place your recycling and landfill bins next to each other to increase recycling and reduce contamination
  - Kids can make signs. Refer to your public works website for local recycling guidelines.
  - [Earth 911](#) has a recycling database for recycling items that can't go in your curbside bin

## Education

- Educate yourself about the [safety of reusables](#) and spread the word
- Explore these remote learning environmental education [resources](#)
- Check out the EPA's [recommendations](#) for preventing waste
- Visit [Upstream](#) for more ideas

## Food waste prevention

- Try SGA's [Food Waste Activity](#) with an at-home food waste audit and ways to take action
- Plan meals and check the refrigerator before grocery shopping

## Healthy living

- Get outside
- Avoid toxic cleaners. Cross reference the [EPA's approved list](#) with [EWG's Guide to Healthy Cleaning](#).
- Eat local. Shop your farmer's market, grow your own food, and order from restaurants that purchase from local farmers.