

1. Do without. Slow your consumption and question every purchase.
  - a. Unfollow, unfriend, unsubscribe
  - b. Simplify your needs
2. Use it up, wear it out.
  - a. Hot sauce example
  - b. Old sheets
3. Maintain and fix what you have
  - a. Mended jeans
  - b. Blender
4. Be thoughtful when obtaining goods
  - a. Borrow or buy second hand
  - b. No packaging or compostable/recyclable/reusable packaging
  - c. Local
  - d. Sustainable/Ethical
  - e. Organic
  - f. Fairtrade
  - g. Natural materials
5. Make your own, do it yourself
  - a. Cleaning supplies
  - b. Yogurt
6. Shop the bulk section with mason jars
7. Make your own cleaner
  - a. Three ingredients: baking soda, vinegar, castile soap
  - b. Make it in bulk
8. Make your own body salve
  - a. Olive oil and beeswax
  - b. Infused with calendula, yarrow, pine/fir needles
9. Make your own tooth powder
10. Remove yourself from mailing lists
  - a. I often call the company directly. I try to deal with junk mail the day or two after it arrives so that it doesn't pile up.
  - b. [Catalog Choice](#) is a free service that does a great job of removing your name from many catalogs.
  - c. [DMAChoice.org](#). This service costs around \$2.
  - d. [OptOutPrescreen.com](#) allows you to opt out of credit card and insurance offers. You do have to provide your SSN, but it's a safe and legitimate service.
  - e. When I order online, if the company has a comment box I request not to be added to their mailing list. If they don't have a comment box I call immediately to request to opt-out.
  - f. Sometimes it takes many attempts to get my name off mailing lists, but I keep "harassing" companies until they follow through