

# Ten Easy Ways That We Can All Save Our Resources



## 1. "It's Only One Straw" said 8 billion people

Don't use plastic straws. Try it for just one month and see what happens. Or buy some reusable straws and carry them with you. Buy paper straws or biodegradable straws. And don't forget to hand back the straw given to you at the drive thru window!

## 2. Forego all single use plastic bottles

Carry a YETI or similar with water with you in your car at all times; it's healthier, cheaper, and better for the environment. And don't forget your reusable straw with it! Carry your bottle into meetings (such as this one).

Have assigned bottles for each family member so they aren't constantly getting out another glass at home.



## 3. Actually use all of those reusable grocery bags you have collected!

Keep them in your car so they are always available. And don't just use them at the grocery store – use them at all stores. And if you are only buying a few items, don't even use a bag.

## 4. Give up single use Ziploc type bags

I used four Ziploc bags every time I made my lunch and they would get thrown out in a couple of hours when I ate my lunch. That could be almost 1,500 baggies a year wasted by just one person!

My solution was to make some really cute cloth ones. This is the link to the video I used to make mine: <https://www.youtube.com/watch?v=9jndrfclZUg>. They take about ten minutes each and you only have to know how to sew a straight stitch.

Or you could buy some cute ones on Etsy

<https://www.etsy.com/search?q=reusable%20lunch%20bags>

Or you could at least buy some reusable plastic bags:

<https://www.worldmarket.com/search.do?query=resusable+plastic+bags>

## 5. Give up plastic wrap

It's polluting and we all know it never actually sticks! I made my own beeswax wraps and love them. It is a great craft day project to do with your kids, etc. See the recipe I used attached. But if crafting is not your style, you can buy them online or in a kitchen store. They will last about a year and when they finally wear out, you can throw them in your compost heap. You have one of those, don't you?

## 6. Make your own laundry soap

It's way cheaper, less pollution and no HUGE plastic container to dispose of when it's empty. It uses all easy to find ingredients and does a great job at cleaning. Here is a link to the recipe I use: <https://askannamoseley.com/2013/05/the-best-homemade-laundry-detergent-and-why/> This website also has great descriptions of the ingredients and why they are needed in the recipe.

This makes a great wedding shower gift!

## 7. Use felt balls instead of dryer softener sheets

Advantages of using these include shortened drying time, reduce wrinkles, decrease static, soften laundry, save money, fragrance-free (or naturally scented with a few drops of essential oils)

You can buy [wool dryer balls on Amazon](#) or Etsy, but they're also incredibly easy to make yourself. All you need to make your own is 20 minutes and four basic supplies: wool yarn, a crochet hook, scissors, and pantyhose. Here's a link to make your own: <https://livesimply.me/homemade-wool-dryer-balls/>

## 8. Just say NO to plasticware!

We all know our mothers are rolling over in their graves at our use of paper plates and plasticware. But what do you do if you are having a large party? And do you really want your good stainless getting thrown out in the trash by well-meaning helpers?

My solution was to buy inexpensive silverware at a discount store like Walmart, Big Lots or Sam's. It looks much nicer than that tacky plastic stuff. It works much better on that tough brisket. And if a sweet friend is helping you clean up and accidentally throws a fork out, no loss!

What about that party for 50-75 people? You'll never use that many forks again! Well, then donate them after the party to Goodwill and one of us can buy them for our party.

## 9. Buy reusable K Cups

You can buy them in plastic or metal. You can buy disposable paper filters. I love the measuring spoon that came with mine because it helps me fill the cups with no mess. You can use whatever coffee you like so you aren't limited to the brands that come in the K Cups. They are SO much cheaper and SO much better for our environment.

#### 10. Give up paper towels

Originally, I thought paper towels were okay because at least they were biodegradable (unlike our love for all things plastic). But what I forgot to think about was all the trees that are cut down for this business! Let's go back to the 50's when no one had paper towels! This is truly a convenience that should be easy to give up or at least cut way back.

Get out those cloth napkins that no one uses anymore. And, if you already gave yours to Goodwill, go get some 'new' ones from Goodwill.

Cut up old t shirts for rags to use on those really yucky messes. And if it's too yucky to clean up, you can throw it away.

Make your own from flannel. Yes, that is the latest thing! They will even stick to each other so you can roll them around a paper towel holder. I have some folded in my half bath so guests don't have to use the same towel. You can even make them in different colors to identify their use (pink for kid's faces, blue for the floor, and green for the countertop and dishes). Husbands can even be trained by colors. If you don't want to make yours, you can buy some on Etsy <https://www.etsy.com/search?q=non%20paper%20towels>. Just to let you know, I bought my flannel on sale and mine cost 21 cents each to make.

Or, at a minimum buy reusable towels that will at least have several uses before you have to trash them. [https://www.amazon.com/s?k=reusable+towels&ref=nb\\_sb\\_noss\\_1](https://www.amazon.com/s?k=reusable+towels&ref=nb_sb_noss_1)



