

Personal Action List:

- Before buying an item you will seldom use, consider borrowing from a friend or relative instead.
- Don't throw out clothes that are not worn out. Do we really need a new wardrobe every year?
 - Repurpose old clothes into pet clothing.
 - Turn old t-shirts into rugs, blankets. There are many ideas and instructions online.
 - If clothes no longer fit your lifestyle or body, donate to thrift shops.

Reducing the flow of items to the landfill is an important step we can all take.

- As important as it is to donate used clothing to Thrift Shops, it is equally important to shop at Thrift Shops.
- Try to buy clothes made from natural fibers. All of the synthetic fibers are like micro pieces of plastic and are making their way into the ocean.
 - To minimize the volume of microfibers ending up in our waterstreams and oceans,
 - Wash in a full load, cool temperature, low agitation, using liquid detergent and fabric softener. Do not use a long washing cycle.
 - There are things you can add to the washing machine to help catch these fibers. (<https://www.oceancleanwash.org/solutions/solutions-for-consumers/>)
 - Dry at a low temperature, using a short cycle or better yet, hang on a drying rack.
- Share books & magazines, hard copies or digital with family or friends.
- Use your public library not only for books but magazines and newspapers.
- Little libraries - Set up a curbside little library or donate books/magazines to an existing one. To find out more about setting up Little Libraries or find one near you, use this link. <https://littlefreelibrary.org/ourmap/>
- Use cloth, washable diapers (and a diaper laundry service if need be) rather than disposable diapers which are filling up our landfills and contain plastic linings. [Our Service — New Beginnings Diaper Service](#).
- Grow your own produce/fruit. Planting a garden is one of the most powerful things an individual can do. Replacing fossil fuel fertilizers with sunlight and rather than fossil reduces your carbon footprint but there are other benefits. Not only will you be eating healthy food, you will get exercise and interact with your neighbors when you are giving away all of that zucchini. If you don't have space for a garden plot, consider container gardening.
- Compost. Organic waste, including that from our gardens and kitchens, needs exposure to oxygen to break down. They get that in a composter, either yours or a community facility. If they are put in your trash and go to the landfill, they add to the methane in the atmosphere. Composting is one of the most important things you can do. If you don't want to or are unable to set up your own composter, you can order a compost bin from Recycle Works (<https://recyclingworksmt.com> or 406-215-4650) or Missoula Compost Collection (<https://www.missoulacompostcollectionllc.com/sign-up-contact>).
- Check with your local landfill to see if they have incorporated methane converting technology. If not, lobby for this. We all thought we were doing a good thing by putting our trash in biodegradable or compostable bags but those only work if they go to a composting facility. To break down, they need exposure to oxygen. If they are buried in the landfill they don't break down or they produce methane (worse than CO2. Technology is available to capture the methane and turn it into useable energy).



**Taking a more active
role as Creation
Caretakers**