



**DoYourPart™** Room-By-Room Checklist  
For Everyday Green Living

Here is a list to help you identify areas where you can start creating a healthier home through everyday green living. Need more information? Click on the item itself to watch an instructional video at [DoYourPart.com](http://DoYourPart.com).

### Kitchen

- Convert to green cleaners
- Kill phantom power by using a power strip with on/off button
- Migrate to efficient light bulbs
- Check fireplace flue for air leaks
- Use ceiling fan to reduce heating/cooling costs
- Choose low VOC paints when painting
- Choose formaldehyde-free furniture and flooring
- Choose natural air fresheners
- Avoid upholstery and fabrics treated with synthetic chemicals
- Seal up leaky windows
- Choose green carpet cleaners
- Donate or responsibly recycle unwanted electronics

### Living Room

- Convert to green cleaners
- Kill phantom power by using a power strip with on/off button
- Migrate to efficient light bulbs
- Check fireplace flue for air leaks
- Use ceiling fan to reduce heating/cooling costs
- Choose low VOC paints when painting
- Choose formaldehyde-free furniture and flooring
- Choose natural air fresheners
- Avoid upholstery and fabrics treated with synthetic chemicals
- Seal up leaky windows
- Choose green carpet cleaners
- Donate or responsibly recycle unwanted electronics

### Bedroom

- Kill phantom power by using a power strip with on/off button
- Migrate to efficient light bulbs
- Choose a perc-free dry cleaner
- A reusable garment bag reduces need for plastic dry cleaning bags
- Use a fan to reduce heating and cooling costs
- Use non-toxic solutions for bedbugs or other indoor pests
- Donate clothing and cloths you no longer want
- Select natural fabrics for bedding
- Choose natural air fresheners

### Nursery

- Choose plastics free of PVC and BPA
- Dust regularly
- Make your own organic baby food
- Avoid bedding coated with chemicals
- Use flame retardant clothing sparingly
- Make an educated diaper decision
- Choose safe lotions, powders, shampoos
- Donate outgrown clothes, toys, bikes
- Choose eco-friendly toys

### Bathroom

- Convert to green cleaners
- Add a small recycling bin
- Choose safer personal care products
- Choose PVC-free vinyl products
- Install low flow aerator on faucet
- Install low flow shower head
- Consider upgrading to low flow toilet
- Choose recycled paper products
- Choose natural air fresheners
- Use all natural borax on mold and mildew

continued...

# Room by Room Checklist cont.

## Laundry Room

- Choose phosphate-free soaps
- Choose plant-based detergents
- Clean your dryer vent all the way to the exterior
- Use vinegar to soften fabrics naturally
- Line dry clothes when possible

## Office

- Add a recycling bin
- Kill phantom power by using a power strip with on/off button
- Consider carpooling
- Refill or recycle ink cartridges
- Donate or responsibly recycle unwanted electronics
- Send mail and packages in recyclable packaging

## Pets

- Clean up pet waste and dispose of it properly
- Avoid clumping-style clay litters for cats
- Battle fleas without exposing your family to dangerous chemicals
- Fight odors with eco-friendly deodorizers
- Choose pet shampoos that are naturally derived

## Garage

- Convert to green cleaners for the car
- Take a pass on synthetic scents for the car
- Dispose of hazardous household waste properly
- Choose tools powered by hand, electricity, or rechargeable battery

## Yard

- Irrigate wisely
- Test your soil so you know if you need supplements
- Apply yard products only where needed, sweep from sidewalks, streets, etc.
- Choose natural pesticides to battle pests
- Use native plants to reduce watering needs
- Install a rain barrel to conserve water
- Replace broken equipment with electric or hand-powered tools
- Grow your own food
- Plant a tree to reduce cooling costs

## While Shopping

- Buy local and in-season foods and products
- Buy products with minimal or recyclable packaging
- Buy products made with recycled content when possible
- BYOB -Bring your reusable bags everywhere
- Careful of 'greenwashing', look for reputable labels
- Make sustainable seafood choices
- Handle receipts carefully, some contain BPA
- Seek out organic cotton clothing
- Choose concentrated juices to save money and packaging
- Shop for safer personal care products
- Choose rechargeable batteries

