



1 Flip the switch
Turn off the lights when you're not in the room. It can save a lot of energy (not to mention your wallet).

2 Plant a tree
Donate your P&G Good Everyday points to the Arbor Day Foundation to plant a tree and reduce the world's CO₂ levels.



3 Make smart trips
Combine car trips, and when you can, walk, cycle or use public transportation. You'll help reduce vehicle emissions and feel great.

4 Turn off the tap
Don't let the water run while you're brushing your teeth and shaving. You can save gallons of water each time you do!



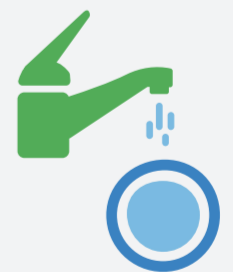
5 Be cool
Wash your clothes in cold water to use less energy, save money and get your clothes clean while extending their use.

6 Thrifty is nifty
Instead of throwing clothes out, donate to thrift stores or learn to sew and mend gently used clothing to extend their life.



7 Remember to recycle
Recycle your household and personal care products, and include a recycling bin in your bathroom. Check your local recycling guidelines if you're not sure an item will be accepted.

8 Skip the rinse
Save water and time by simply placing your dirty dishes in the dishwasher.



9 Meal Plan
Food waste can be avoided when you have a weekly plan for what you're going to eat and when.

10 Take swift showers
Save water and time by taking shorter showers, and use less hot water to save energy while you're at it.

