**Eco-friendly habits in daily routine and the office (Green City)**

***Can we create the pop-up list of habits + possibility to create own brand new?!***

**Daily habits**

1. Use walking to work by foot or bicycle instead of car or public transport. 5 km in a day or 10 000 foots is a typical norm for your health and help to decrease level of pollution.
2. Turn off the water when brushing your teeth to conserve.
3. Time your showers. Many people are simply unaware how long they are really spending in the shower.
4. Use a bucket to collect water while your shower warms up, then use it to water your plants. Grey water can also be used around the home and yard.
5. Use your washer and dryer only when you have a full load of laundry.
6. If you are able, let your clothes hang dry in the sun.
7. Wash dishes in your washing machine, but be sure you have a full load.
8. If you do wash dishes in the sink, fill up your sink first. Don’t let the water run constantly down the drain.
9. Set up a recycling bin next to your trash can, so you and your family can recycle as much as possible.
10. Eliminate one-use items in order to minimize waste.
11. Avoid pre-packaged items and instead buy/grow natural food sources.
12. Opt for organic, local and GMO-free foods.
13. Set up your own herb garden and vegetable garden in order to grow your own. It just makes sense and here’s 6 reasons why you should grow your own food.
14. Eat what’s on your plate.
15. Save any leftovers, rather than throwing them away, so you can make another meal later.
16. Find and incorporate tips on using all of a vegetable from root to stem.
17. Compost any food waste you have.
18. Use a proven, patented liquid fuel catalyst to help increase your vehicle’s fuel economy, lower emissions and improve engine power.
19. Get yourself outdoors at least once a day.
20. Bring plants into your home to help oxygenate it and remove harmful indoor air contaminates.
21. Avoid using harmful chemicals to “clean” your home. Make your own DIY cleaners or find green, ecofriendly cleaners that won’t leave a toxic residue.
22. Only fill your kettle with the amount of water you need – less energy is needed to heat a smaller volume of water.
23. Switch your phone to 'airplane mode' when you're charging it, so that it charges faster. Don't waste energy by plugging your phone in all night.

**Office habits**

1. REDUCE, REUSE, RECYCLE.
2. Mobile and laptop chargers use up energy even when they're not charging your appliances - unplug them if you're not using them.
3. Turn off electricity every evening
4. Bring a desk plant: A plant can do wonders for your mood and for the environment!
5. Maximize natural light: Natural light can bring a lot of benefits to the body.
6. Make green thinking a key part of your company culture

**Tiny efforts, huge effect ! ☺**