

EcoQuest Conservation Checklist

Each of these actions represents a small but powerful way to reduce your environmental impact.

Choose to be part of the solution every day:

Use reusable containers and utensils

Switching to reusables can reduce plastic waste by up to 81%. (Oceana)

Use sustainable transport (bike, walk, carpool, transit)

Switching to public transport can cut personal CO2 emissions by up to 67%. (UCLA IOES)

Conserve energy at home and work

Electronics left on standby can account for 10% of your energy bill. (Dept. of Energy)

Use water wisely: full loads, fix leaks

A leaking faucet can waste 3,000+ gallons per year. (EPA WaterSense)

Choose low-packaging or eco-certified products

Over 14 million tons of plastic enter oceans yearly. (UNESCO)

Sort waste correctly: recycle and compost

Proper sorting can divert up to 75% of household waste. (EPA)

Eat more plant-based meals

Plant-based diets can reduce food-related emissions by 70%. (WRI)

Plant native species or join local cleanups

Restoration projects improve biodiversity and community health. (UN Decade on Ecosystem Restoration)

Learn about local species and environmental issues

Understanding threats helps support recovery programs.

Talk to others and support green policies

Civic engagement influences systemic environmental change.