**The “One Can - Do It!” Challenge**

Can your household produce only ONE can of garbage per month??

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| **REDUCE** | **REUSE** | **RECYCLE** |
| * Try a **“buy nothing fast” f**or a month (or all year!)
* **Cut down on food waste.** Be mindful of how much you prepare and have a plan for using leftovers.
* Buy products with **less packaging**. Buy products with recyclable packaging or containers. Avoid buying single-use goods.
* **Make your own:** Avoid packaging altogether by making bread, tortilla chips, cookies, crackers, flavored yogurt, cleaners, toothpaste, cloth napkins, produce bags and sandwich wraps, etc.
* **Learn to maintain and repair** products like clothing, bike tires and appliances, to keep them from the landfill.
* **Borrow, rent or share** items that are used infrequently, like party decorations, tools or furniture.
 | * **Get to know your neighbors!** Borrow and share tools, etc.
* **Compost all food waste.** If you aren’t a gardener, find a neighbor who would appreciate your composted food waste!
* **Look for used goods first every time**, before purchasing something new.
* **Refuse to buy disposables** (plastic bags, foil, paper towels, cups, straws, plates, razors, etc)
	+ Use cloth bags for groceries and produce
	+ Have a “to go” kit for leftovers
	+ Carry metal straws, utensils, refillable water bottles and coffee mugs wherever you go
	+ Refuse to drink bottled water
* **Purchase bulk where possible**, taking containers to refill (beans, rice, flour, sugar, honey, peanut butter, shampoo, lotion, cleaners, etc.)
 | * **Research** what can be recycled in your area and **post the info** in a central area in your house
* **Make it easy** to recycle - set up a recycling area in your house so that items don’t have to be sorted later. Have a bin for each:
	+ Paper/mixed goods
	+ Glass
	+ Compost
	+ Batteries and lightbulbs (save up and take to hazardous waste disposal site)
	+ Plastics, styrofoam and electronic waste (save up and take to special collection sites/events)
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| **RE-THINK** |
| * **Make it a spiritual practice to go through your garbage!!** Once a month (at community night?) go through your garbage can and, as a community, choose 2-3 items. Together, brainstorm how you can eliminate those items from your garbage can next month.
* **Live Simply!** Notice how much “stuff” you use and buy. Where can you scale down?
* **Notice:** Where are you hooked into our insatiable consumer society? How can you nurture an identity other than “consumer” in your life?
* Think about the **ecological footprint, carbon footprint and social justice impact** of the products you use.
* **Watch** “The Story of Stuff” for inspiration! <https://storyofstuff.org/movies/story-of-stuff/>
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 **Green Cleaning Recipes**

The average person in the U.S. uses some 40 pounds of household cleaners each year, and many of those products have harmful or toxic ingredients. Choose safer products or make your own affordable, versatile and effective cleaners at home with these five common household ingredients and some simple supplies:

1. White Vinegar
2. Baking Soda
3. Castile Liquid Soap
4. Borax
5. Essential Oils (optional; use a glass spray bottle (if you are using essential oils)

**All-Purpose Cleaner** – Mix equal parts of distilled white vinegar with water. Add essential oils if desired.

**Floor Cleaner** – Mix 1/4 cup to 1/2 cup of distilled white vinegar with one gallon of warm water in a bucket. Sweep floors then apply vinegar mixture using a mop. Let air dry.

**Bathroom Scrub** – Mix 1/4 cup of baking soda with one tablespoon of Castile liquid soap. Add distilled white vinegar and mix until the texture is creamy and smooth.

**Toilet Bowl Cleaner** – Pour one cup of borax in the toilet bowl and let sit overnight. In the morning, give it a quick scrub with a brush and flush for a quick and easy toilet clean.

**Silver Cleaner** – Mix three parts baking soda with one part water and, using a microfiber cloth, rub on silver to restore shine. Rinse and dry with a soft cloth.

**Goo** **Remover** – Mix two parts borax with one part water. Using a microfiber cloth, rub on sticky labels or residue until clean.

**Carpet Refresher** – Mix one cup of baking soda with 10 drops of your preferred essential oil (lemon or lavender are great options). Sprinkle over the carpet and let sit overnight. Vacuum it up in the morning for a refreshing clean. For small messes, like pet urine, try using a [handheld vacuum](https://moderncastle.com/vacuum-cleaner-reviews/handheld-vacuum-reviews/) to make the job quick and easy!

**Towel Refresher** – Mix one cup of baking soda with one cup of vinegar and add it to a load of smelly towels. This natural cleaning combo will help to get the funk out of old towels and add a little extra softness.

**Laundry Booster** – Mix 1/2 cup of borax with a gallon of warm water. Pre-soak laundry in the solution for about 30 minutes before running your cleaning cycle as usual.

**Coffee Maker Cleaner** – Run one cup of distilled white vinegar through the water reservoir of a coffee maker to purge the machine of grime or bacteria.

**Drain Un-Clogger/Deodorizer** – Pour 1/2 cup baking soda down the drain, followed by 1/2 cup vinegar. Wait 15 minutes and then pour hot water down the drain to clear residue.

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*More recipes and information at Modern Castle, “****12 Natural Cleaning Recipes for a Clean Green Home”,*** [*https://moderncastle.com/blog/12-natural-cleaning-recipes-for-a-clean-green-home/*](https://moderncastle.com/blog/12-natural-cleaning-recipes-for-a-clean-green-home/)