

Your 2024 Eco Resolutions are Here!

See what some of your RUC families are doing to be kinder and gentler on our environment, helping to make it a better place for our children and future generations. All the ideas below help reduce one's carbon footprint. Some of the actions are a change in behavior. Other resolutions are a change in buying habits. See if any of the ideas feel like a good fit for you to reduce your own carbon footprint. What can you do, you ask? Read the list below, and watch this 4:51-minute video by youth Julius Jenkins, and see if you can't give a big STOMP or two to reduce your mark on our earth: [How Big Are Your Carbon Footprints?](#) Help us grow this list of commitments to improve our environment and be more eco-friendly!

Use bio-degradable trash bags (www.shopreli.com)

Compost toilet paper & paper towel rolls instead of recycling

Use bamboo toilet paper (and make your cheeks smile 😊)

Taking old sneakers, batteries, glasses, and more to My Organic Market for recycling or reuse. Betsy

Compost veggies, fruits, and egg shells at RUC

Compost at My Organic Market (Mom's) or one of Rockville's composting bins. Since both use commercial composting, they can accept materials RUC's bins cannot. E.g., meat (including bones), bread, poultry, even greasy pizza boxes and soiled napkins! Carlotta

Use eco-laundry detergent sheets – no mess, planet safe, fast dissolve, ultra concentrated

Back to using cloth napkins instead of paper napkins or paper towels! Sharon & Betsy

Installing water-saving showerheads

Will compost more. Sylvia B.

Buying compostable and recycled products. Donna

Taking shorter Showers. Sharon

Using shampoo bars (naturally scented, sulfate free, paraben free) instead of liquid shampoo.

Wearing my clothes more than once before washing.

Using old torn up t-shirts instead of paper towels.

Ever wonder what the size of your carbon footprint actually is? Walk through this easy [carbon footprint calculator](#) to learn your part in helping to preserve or harm our environment. It's free and takes about five minutes to complete.