

10 Steps to Green

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Perhaps you've been wanting to get started on going green. If so, here are ten steps to get you started.

1. **Acknowledge the importance of "Green" cleaning.** Agree with the need for change before you can change.
2. **Educate yourself continuously** with trustworthy resources such as the Environmental Working Group's Cleaning Guide (<http://www.ewg.org/guides/cleaners>)
3. **Read ingredient lists.** Beware of red-flag ingredients such as "-eths" and "fragrance".
4. **Start with one step at a time.** Identify the easiest task for you to turn green, and start there.
5. **Use products you understand.** Complicated is not better. Regular soap and water is extremely effective, as are vinegar, baking soda, lemon juice, and olive oil.
6. **GIY: Green-It-Yourself.** Make your own cleaning products. Save yourself the time, money, and effort of buying from the store.
7. **Multi-task your cleaners.** Find a great all-purpose recipe and use it for sinks, counters, dishes, floors, indoor, outdoor, everywhere.
8. **Reduce your refuse.** Buy in bulk and buy concentrates to reduce throw-away packaging. Repurpose containers. Use washable cloths instead of paper towels.
9. **Clean your air.** Open windows daily. Bring in houseplants. Use real foods to scent the air instead of candles, sprays, or plug in air fresheners.
10. **Stick with it.** Even if you stumble occasionally, keep going. You will eventually develop new habits and get used to new norms.