

Becoming a Creation Care Household

Identify the practices your household is currently doing to care for creation. Then name one or more intentions for new practices you plan to begin within the next week. There are almost 8 billion human beings on earth now (2021.) Many changes need to be made at a very large scale by governments and economic systems to restore our damaged planet. However, each individual person, added collectively, has the ability to make changes in daily routines or habits that can have a huge impact when many of us do these things. Complete this checklist as a way to show your gratitude as a created being, living in the garden of creation, with fellow created beings and systems---plants, animals, water and soil cycles, climate, geology, atmosphere. Pray for guidance in building new practices.

Reducing Plastic Waste

- Own a reusable water bottle and do not buy bottled water.
- Refuse plastic straws (“No straw, please” before server brings a drink.)
- Have a collection of cloth bags for groceries, which are kept in your vehicle.
- Use mesh bags for produce instead of plastic bags when you shop.
- Store food in glass containers or cover it with re-usable wraps such as beeswax wrap.
- Buy bulk food when possible.
- Cook from scratch, using fewer convenience products, and thereby less packaging.

Protecting Forests

- Own a reusable coffee mug.
- Use cloth napkins; if you know how, sew your own.
- Use paperless billing online and unsubscribe from junk mail and catalogs.
- Buy only FSC certified wood furniture, or shop resale for furniture.
- Avoid food products made with palm oil, as palm plantations replace rainforests.
- Buy paper products (toilet paper, tissues) made from bamboo or recycled paper.

Reducing Greenhouse Gas Emissions

- Use a smart thermostat to limit AC and heat at times when no one’s home.
- Compost household food waste.
- Replace traditional lightbulbs with LED ones.
- Use a clothesline or indoor drying rack often.
- Run full loads in the washing machine and the dishwasher.
- Plan and consolidate car trips for errands; carpool; walk or bike; use public transport when available.
- Reduce meat and dairy consumption.
- Buy locally grown produce and support organic growers.
- Grow a garden. Learn to use organic & composting methods.

Water Use and Pollution

- ___ Take shorter showers.
- ___ Avoid “fast fashion” and buy upcycled or reused clothing.
- ___ For new clothing or shoe purchases, seek out products with sustainable materials.
- ___ Use natural cleaning and home care products.
- ___ Do not buy bottled water. Use a filtered pitcher for your home tap water, if needed, for taste.

Household Waste & Recycling

- ___ Learn about local recycling rules and follow them.
- ___ Make a practice of doing a regular home inventory of ways to reduce waste of food, paper, etc.
- ___ Practice the 4 “R’s”---**Reduce, Reuse, Refuse, and Research.**
 - Reduce** consumption, shopping, and waste.
 - Reuse** household items & repurpose them in new ways.
 - Refuse** to fall prey to advertising and a culture of consumption; just say “no” to plastic packaging.
 - Research** to find high quality sustainable products that will last, along with new practices to care for creation.

My Intentions for New Practices