

# Resources for Creation Care

Adapted from Rev. Pat Watkins, United Methodist Missionary for the Care of God's Creation

Spend time outside and appreciate God's creation.  
Drive less (walk, bike, and carpool).  
Drive fuel-efficient vehicles.

**Conserve energy at home** to reduce emissions.

- Open windows instead of turning A/C on.
- If you have storm windows, close them when heat or A/C is on.
- Turn down the temperature of your water heater to between 120-125°F.
- Add an insulation blanket to your water heater.
- Use LED lights if possible.
- Keep thermostat in low to mid 60s in winter, mid to upper 70s in summer.
- Wear lots of clothes in winter, few in summer.
- Use fans instead of A/C to keep cool.
- Add insulation to your attic.
- Caulk around windows.
- Add storm windows and doors if you don't already have them.
- Install a programmable thermostat.
- Update your heating/cooling system to a more efficient one.
- Replace your appliances with energy-efficient ones.
- Install a "solar" clothes dryer (clothesline or drying rack).
- Turn the heated dry cycle off on your dishwasher.
- Turn lights and appliances off when not needed.
- Eat foods grown locally (best in your backyard) to cut down on energy consumed to bring your food from thousands of miles away.
- Install solar electric panels on your house.

**Conserve water at home.**

- Turn off the water when brushing teeth and shaving.
- Install low-flow showerheads.

- Take "navy" showers: turn water off when soaping up.
- When running water waiting for it to get warm, collect it in a bucket for watering plants, flushing toilet, etc.
- Plant native plant species that require less water and/or create a growing area instead of a mowing area.
- Diminish the size of your lawn with plant beds so you don't have to water your lawn so much.
- Buy a water-conserving toilet.
- Use rain barrels to collect rain water for watering your landscape.

**Other ideas** to care for creation:

- Do not use chemical fertilizers, herbicides, and pesticides on your lawn; if you use fertilizer, use natural.
- Recycle everything you can to reduce landfill quantities.
- Eat more locally grown food; either grow it yourself or participate in a CSA (Community Supported Agriculture).
- Get a compost bin for food scraps and other compostable waste. □
- Use non-toxic or natural cleaners. □
- Use cloth or reusable shopping bags.
- Make 2-sided copies instead of two sheets of paper copied on only one side and reuse paper that's been printed on one side.
- Be careful printing from websites as it usually prints several pages more than what you want.
- Do not use Styrofoam; it takes 10 times as much water to manufacture 1 Styrofoam cup as it does to wash 1 coffee cup.
- Take your own coffee cup and water container with you wherever you go.
- Buy a water filter and filter your own instead of buying bottled water to keep our landfills from filling up with empty plastic water bottles.

**What else would add to this list?**