



THIS LITTLE ECO-STRIP

HELPS KEEP 700,000,000 PLASTIC JUGS OUT OF LANDFILLS

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How Eco-friendly Are You?

by Sheri Radford / Jan 15, 2021

Take our 20-question quiz to find out if you're BFFs with the planet, just fair-weather friends, or possibly even frenemies

- Where do you buy clothes?**
 - A. From whichever stores have the latest ripped-from-the-runway trends.
 - B. From retailers that have an eco-friendly ethos.
 - C. From second-hand stores, or for free at clothing swaps.
- How do you dry your laundry?**
 - A. I let my dry cleaner worry about chores like that.
 - B. In the dryer.
 - C. On a drying rack or clothesline.
- When you stay in a hotel, how often do you have your towels changed?**
 - A. Every day, of course! That's what the hotel staff are there for.
 - B. Every second or third day.
 - C. Once a week.
- How do you usually get around?**
 - A. In my own vehicle.
 - B. On public transit or in a carpool.
 - C. Walking or by bike.
- What kind of car do you drive?**
 - A. Gasoline-powered.
 - B. Hybrid or electric.
 - C. I don't own a car.

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- Do you grow your own food?**
 - A. No, that's what grocery stores are for.
 - B. Yes, I have a container garden.
 - C. Yes, I have a garden that provides me with much of what I eat.
- How often do you buy organics?**
 - A. I never notice. I buy whatever looks tasty.
 - B. Whenever I'm getting something from the "dirty dozen" list of foods grown using the most pesticides.
 - C. Almost always.
- How often do you eat what's local and in season?**
 - A. I never notice. I eat whatever I want.
 - B. As often as possible.
 - C. Almost always, especially from local farmers' markets.
- How often do you eat meat?**
 - A. Whenever I feel like it. It's delicious!
 - B. Sometimes, but not every day.
 - C. Never, or almost never.
- What do you use to carry home groceries?**
 - A. Single-use plastic bags.
 - B. Bags made from recycled paper.
 - C. Reusable fabric bags that I brought from home.

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- How do you wash dirty dishes?**
 - A. Wash? I just throw out the paper plates!
 - B. By hand or in a really old dishwasher.
 - C. In an energy-efficient dishwasher that I cram full before using.
- How often do you use disposable utensils, cups or containers?**
 - A. Whenever I get takeout meals or drinks, which is all the time.
 - B. When I'm desperately hungry or thirsty and nothing else is available.
 - C. Never. I always have reusable ones stashed in my bag.
- How often do you drink water from a single-use bottle?**
 - A. Every day.
 - B. Only when nothing else is available.
 - C. Never. I always carry my favourite glass or stainless steel water bottle with me.
- How often do you let the water run while you're brushing your teeth?**
 - A. Always. It's a hassle to keep turning the water on and off.
 - B. Sometimes.
 - C. Never.
- How long is your typical shower?**
 - A. Until the hot water runs out.
 - B. Maybe 10 or 15 minutes.
 - C. Five minutes or less.
- How often do you print out anything?**
 - A. Whenever I want to. It's nicer to read on paper than on a screen.
 - B. When I have something really important that I need a hard copy of, but I print on both sides of the paper.
 - C. Never, or almost never.
- What kind of light bulbs do you use at home?**
 - A. There are different types of light bulbs?
 - B. Mainly old-fashioned incandescents.
 - C. Halogen incandescents, compact fluorescent lamps (CFLs) or light emitting diodes (LEDs).
- What happens to the lights whenever you leave a room?**
 - A. They stay on, in case I come back to the room later.
 - B. I try to remember to switch them off.
 - C. I always switch them off.
- How do you keep warm in the colder months?**
 - A. I crank up the thermostat in every room of the house. I love being cozy!
 - B. I turn up the thermostat a few degrees, but just in the room I'm in.
 - C. I put on an extra layer of clothing and grab a blanket.
- What do you do with appliances that aren't being used?**
 - A. I leave them plugged in. It's convenient.
 - B. I try to remember to unplug them from the wall or turn off the power strip they're plugged into.
 - C. I have power strips with built-in timers, to ensure that unused appliances aren't wasting power in standby mode.

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