



This Year I Take the Pledge for Sustainable Living by choosing to:

1. ___ Carry a reusable, environmentally-friendly bottle instead of buying bottled water
2. ___ Replace two regular cleaning products with earth friendly products (e.g., baking soda)
3. ___ Shop at a farmer's market to purchase locally grown produce once a month
4. ___ Recycle all newspaper, mixed paper, cans, glass and plastic
5. ___ Turn off the water while brushing my teeth or shaving
6. ___ Read the Koleinu on-line (email mgreene@bnais.com to stop receiving hard copies)
7. ___ Use reusable bags every time I shop
8. ___ Stop unwanted snail mail (go to www.newdream.org/junkmail/)
9. ___ Print double-sided or on the blank side of used paper
10. ___ Eat one fewer beef meal per week
11. ___ Replace one car trip a month with walking, biking, carpooling, or public transportation
12. ___ Donate and purchase gently used clothing and household items
13. ___ Use a clothesline or drying rack instead of a dryer two times a month
14. ___ Clean or change my air conditioner/heater and refrigerator filters 2-3 times a year
15. ___ Properly dispose of used batteries (look for the receptacle at the temple)
16. ___ Replace four light bulbs with CFLs (compact fluorescent light bulbs)
17. ___ Spread mulch around my garden plants to save water
18. ___ Join an alternative energy program sponsored by my local utility company (e.g., Greenergy or ClimateSmart)

Thanks for taking the pledge – now be counted! Our goal is to have 360 congregants take the pledge by Rosh Hashanah 2010. See the opposite side of this sheet or read on for the youth pledge. Send your name and the names of all other household members who are taking the pledge to: Eileen Jacobowitz at ejacobowitz@comcast.net so we can add you to our list! For children, please include their age. Read the Koleinu to track our progress and to find more information about B'nai Israel's Campaign for Sustainable Living.

