

## ECO-ACTION FOR THE WEEK

June 4, 2021 – Actions for Our Own Dear Planet

**Eco-check your laundry** to reduce the CO<sub>2</sub>, plastic, and toxins in the laundry cycle. This will also save money.

- **Pray** for people throughout the world, including in the U.S., who do not have water for washing their clothes.
- **Cold water** takes less energy than warm or hot.
- **Full loads** are best for washers and for dryers.
- **Use** biodegradable soap and laundry detergent. **Laundry strips** reduce the need for plastic jugs. <https://www.greenlivingzone.com/zero-waste-laundry-detergent>
- **Never** use chlorine bleach.
- **Air-dry** if possible or remove clothes from the dryer promptly or slightly damp. (Only air-conditioning, electric heat, and your water heater use more energy than dryers.)
- **Avoid** toxin-loaded dryer sheets. Try going without additives.
- **Iron** only if essential. (Though small, irons are very energy intensive.)
- **Compare** energy-efficiency before buying a new dryer: click here for *Home and Garden's Best Energy-Efficient Dryers of 2021*
- **Replace** worn household appliances (washers, dryers, air conditioners, furnaces, TVs, dishwashers and fridges) with Energy Star: [www.energystar.gov/productfinder](http://www.energystar.gov/productfinder).

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