

# KATY'S GUIDE TO GRADUALLY GOING GREEN

Katy Magazine's tips for making small changes in your home, food, and lifestyle for a healthier life



## HOME

- Stick to showers. The average bath uses 35 to 50 gallons of water, while the average 10-minute shower uses 25 gallons.
- Replace your regular household cleaner with a homemade product that contains nature's disinfectants like lemon, eucalyptus oils, white vinegar, and baking soda. Ask the kids to help you measure the ingredients as you make it.
- Make sure all appliances, lights, and fans are turned off when leaving the house or the room. It conserves energy and lowers utility costs.
- Assign everyone in the family one drinking cup per day to conserve water and space in the dishwasher.
- Add a small chore to your child's list by assigning them to plant-watering duty every week. Plants provide fresh oxygen, some color, and a few even purify the air!



## FOOD

- Try buying veggies and other farm-fresh foods at a nearby farmers market. Let the kids pick out a vegetable they want to help prepare for dinner that night.
- Don't have a green thumb? Try a window garden for fresh herbs grown in pots. Fresh basil, oregano, parsley, and rosemary are great go-tos.
- Shop healthy at the grocery store. Make a list in advance, spend most of your time in the produce section or the store's perimeter, and limit the purchase of processed foods.
- Replace less-than-healthy ingredients with these hard-to-spot alternatives. Substitute spaghetti squash for pasta noodles or a veggie patty in place of beef on a burger.
- You can substitute non-fat, plain Greek yogurt for sour cream, mayo, or cream cheese in recipes. Try substituting apple sauce for vegetable oil in baking. You'll save over 13 grams of fat per tablespoon.

You don't have to go off the grid to live a greener, cleaner lifestyle. Here are a few gradual changes your family can make at home, in food choices, and lifestyle alternatives that are both easy and doable. Get creative! Going green can be even more fun when you include your kiddos in the process.



## LIFESTYLE

- Get creative with at-home crafting projects made out of recycled materials like a bird feeder or homemade windsock.
- Recycle hazardous household waste, such as batteries, paints, and pesticides at Fort Bend County or Harris County's waste collection sites (1200 Blume Rd., Rosenberg and 69000 Hahl Rd., Houston).
- Invest in a few cute reusable shopping bags and keep them in your trunk so they're handy on the go. Some merchants offer small incentives - like Target, which gives a five-cent discount for each reusable bag their shoppers use.
- Recycle your school paper, office paper, newspapers, catalogs, junk mail, and more at your area Katy ISD school's Abitibi Bowater paper retriever bin.
- The City of Katy offers a residential recycling day the first and third Thursday of each month. Families can even earn RecycleBank points and redeem them for discounts at national, regional, and local merchants.
- Go outside! Spending time in the sunshine has been shown to help short attention spans, increase concentration, and boost moods. **KM**

## MORE FACTS ABOUT GOING GREEN IN KATY

- City of Katy's RepublicServices and RecycleBank offer \$130 to \$200 in annual reward savings for residents who recycle. Visit [cityofkaty.com](http://cityofkaty.com).
- The City of Katy's residential recycling day is the first and third Thursday of the month.
- Katy ISD has contracted with Abitibi Bowater to collect plastic, paper, glass, aluminium, and steel recycling from all its schools.
- In the 2011 to 2012 school year, Katy ISD recycled 1,242 tons of waste - that's the equivalent of saving 20,672 trees!
- The Miller Career & Technology Center wants your paper. Help the center earn money by recycling your household paper in the paper retriever bin. If 400 families participate weekly, their school would collect more than 4,000 pounds of paper!

## KATY AREA FARMERS MARKETS

### Every Saturday

8 a.m. - 12 p.m.

*Church of the Holy Apostles (parking lot)  
1225 W. Grand Pkwy. S.*

### Every Saturday

9 a.m. - 1 p.m.

*1093 at Bois d'Arc, Fulshear*

### Every Second Sunday

12:30 - 3:30 p.m.

*Bridgeland Activity Center  
16902 Bridgeland Landing, Cypress*

\*Please verify dates and times with event organizers