

## PUT THE ACTION INTO SOCIAL ACTION

### GREEN TIP #7: BE COOKING WISE

#### 1. Use cloth napkins

Not only are they more durable (one cloth napkin will make it through a lot more BBQ sauce than a paper one!) but ditching disposable napkins will also save plenty of money over the years. It'll also reduce your trash output, which means less energy is used transporting and processing your waste. Using recyclable paper napkins is *good* for the planet, but it's even *better* to not have anything to recycle in the first place. Plus, cloth napkins make dinner feel oh-so-fancy.



#### 2. Cook from scratch

We all know that cooking at home saves a heck of a lot of cash, but it also uses fewer resources than dining out or by buying pre-made food. Although what you eat is usually more important than how it's cooked, eating food that's been processed in distant industrial kitchens, wrapped up in plastic and cardboard packaging, and trucked to your local supermarket eats up *a lot* of energy. Besides, no meal gets appreciated as much as one you've made yourself, so get cooking! Need some help getting started? Check out this [roundup of healthy recipes](#).

#### 3. Use a pressure cooker

This is a terrific way to save time, money, and energy all at the same time. Pressure cookers can take up to 70% less time (and less energy) to cook a meal, and they're more versatile than one might think: They can make chili, pot roast, soup, whole chickens, corn bread—and even desserts!

#### 4. Cook with residual heat

Turning off the oven five minutes before the meal is ready will allow the food to continue cooking while also saving some energy. It's even easier with pasta: Once the pot's been boiling for five minutes, cover the pot, switch off the stove, and let it sit for five more minutes. This will free up the stovetop and the pasta will be cooked perfectly *al dente* in less than 10 minutes.

#### 5. Eat less meat

Meat isn't cheap, and it's not great for the environment, either. Seventy

percent of the Amazon rainforest has been destroyed to raise cows, and meat production results in more carbon emissions than any other protein. We're not telling you to go completely vegan (unless that's your bag), but learning to cook a few choice vegetarian meals will save money, add variety to your palate, and give the planet a helping hand.

#### 6. **Ditch disposable bowls**

... and plates and knives and forks. While the temptation of having nothing to wash up after a meal is hard to resist, increasing the pile of garbage left after dinner is no way to help the planet. Following this advice is important for all the reasons it's important to use cloth napkins over paper ones, and besides: the less you throw away, the less you spend.

#### 7. **End food waste**

Forty percent of food in America gets thrown away—that means 40% of all the greenhouse gases released by agriculture, food transport, and food decomposing in landfills simply doesn't have to exist. A lot of the waste takes place in supermarkets and restaurants, but you can help out *and* save money by only buying what you need (think two carrots instead of a bag), saving or freezing leftovers, and repurposing scraps. Check out [this article](#) for more easy tips!

#### 8. **Become friends with your toaster oven**

Toaster ovens are a lot cheaper and less wasteful than conventional ones. They're also faster, requiring none of the "pre heating" nonsense of those clunky, power-mad ovens. In fact, using smaller versions of traditional appliances is practically always cheaper, faster, and more environmentally friendly: A toaster beats a toaster oven (for toasting, at least) and using an electric kettle beats boiling water on a stovetop.

#### 9. **Microwave when possible**

They use even less energy than toaster ovens (and way less than conventional ovens), plus you might be surprised by the range of meals (and desserts!) that can be made in a microwave.

**GREEN CRAFT: Make your own COVID-19 piñata!**



In these seemingly endless sheltering and socially separated days, many of us (especially the kids) are beyond going stir crazy. One way to get out our frustrations is to smash something. Of course, it's better if that "something" isn't the furniture or anything valuable. Here's an idea from *The New York Times* to build the perfect stress-buster: a coronavirus piñata—or, a coroñata!

### **MATERIALS:**

- Balloon (several, in case of breakage)
- Newspaper (cut into strips)
- A mixture of equal parts flour + water
- Toilet paper tubes and tissue paper *or*
- Red pipe cleaners
- Paint (spray paint or acrylic)
- Scissors\Glue (hot glue gun works great!)
- Heavy string or fishing line (to hang)

### **INSTRUCTIONS:**

1. Blow up the balloon.
2. Cut newspaper into strips (both long and short)—thinner strips will mean a smoother surface.
3. Mix equal parts (1:1) water:flour in a bucket (this will be your papier-mâché mix).
4. Dunk newspaper strips in papier-mâché mix one at a time and spread over balloon.
5. Cover the whole balloon until you no longer see the balloon.
6. Let dry for 3 hours.
7. Cover the surface with more newspaper strips.
8. Let dry for 24 hours.
9. Paint your coroñata any color you like.
10. Glue (hot glue works best) toilet paper rolls around your papier-mâché balloon and stuff each one with tissue paper (these will be the spike proteins that stick out of the coronavirus!)
11. Or, take the red pipe cleaners and fold them 4 times; squish down the top 3 loops (right) and stick the bottom of the pipe cleaner into the round part of the coroñata.



12. Use a pin/needle to poke a hole through the papier-mâché to POP the balloon.

13. Cut a small hole in your papier-mâché to fill your coroñata with some treats! Then re-cover the hole with tape and paint.

14. Tape string or fishing line to the coroñata for hanging.

15. Hang the coroñata from a tree, take a baseball bat or stick, and whack away until it breaks! Enjoy the relief from stress—and the treats!

