



By Laura Hampton

Stop smoking. Lose 25 pounds. Pay off credit cards.

Think of a bad habit—any bad habit—and chances are someone has resolved to change that behavior on New Year's Day. As 2012 comes to a close, and 2013 looms pristinely in front of us, it's natural to examine our daily habits and vow to change those that are counterproductive to a happy, healthy life.

This year, why not broaden that introspection to include the ecosystems that sustain us here in the Northeast Florida?

Here's a list of 13 *Green Resolutions* that you can make in 2013 to lessen the negative impact on our stunning subtropical landscape here on the First Coast.

Living Green!



Pick one or two, or adopt all 13 resolutions for the New Year. Whatever you decide, *Family!* wishes you a happy, healthy and sustainable 2013.

Donation

- 1** Turn off appliances and lights when leaving a room.
- 2** Connect outdoor lights to a timer or use solar lighting.
- 3** Organize carpools for work and school.
- 4** Choose products that have less packaging and are reusable.
- 5** Shop with a canvas bag instead of using paper and plastic bags.
- 6** Buy music and videos online to eliminate plastic CDs, DVDs and jewel cases.
- 7** Recycle paper, plastic, glass bottles, cardboard and aluminum cans.
- 8** Use public transportation, walk or ride a bicycle.
- 9** Buy locally grown, organic produce.
- 10** Use natural shampoos, soaps and cleaning supplies.

- 11** Save trees whenever you can. Most companies now offer electronic billing, and some retail chains can now send electronic receipts to your email address.

- 12** Volunteer with local organizations that are making a difference.

Girls Gone Green

This local nonprofit organization uncovers and educates the public about environmental, animal and health issues. Girls Gone Green uses volunteers to plan, organize and staff events. thegirlsgonegreen.com

North Florida Land Trust

Protects and preserves natural areas and special places in North Florida. Volunteers help maintain and clean up properties, organize events and apply their expertise in field operations, education, outreach and office administration. northfloridalandtrust.org



- 13** Make a monetary donation.

The Nature Conservancy

A conservation organization operating around the world to protect ecologically important lands, the conservancy owns and manages 63,748 acres throughout the state of Florida. On the First Coast, the organization protects the Machaba Balu Preserve, which lies within the estuary between the St. Johns River and Nassau Sound. Donations made to the conservancy can be designated for use in a specific state. nature.org

