

Turn off heater
To go solar and local and shop at Farmers Markets
Grow vegetables
Nominate the greater Puget Sound areas as a "Mission Blue Hope Spot"
Work out once a day and eat healthy
Grow seeds, share skills, love, and food. Plant trees, build gardens and live free
Grow more of my own foods and make my own soaps
Plant carrots to share
Rain barrel
Eat local often!
Support local farmers markets
Not litter
To not cut down trees
Not smoke
Use less toilet paper!
Let it mellow if it's yellow
Volunteer with neighborhood cleanup
Pick up litter in my neighborhood
Not watch NBA (at home) on TV until the Sonics come back
Use my bike for local commuting
Not throw garbage on the ground
Pick it up after people
Use the three seashells
Pick up litter on neighborhood walks
Plant a tree "fruit & nut"
Use my wood stove more instead of the furnace
Recycle!!
Keep the environment safe for animals and people
Eat more organic food
Vegetables and fruit

Compost all my fruits and veggies
Not throw away I will recycle
Grow more vegetables and share them
Learn
Donate to goodwill
Continue to increase my local sense
Keep the heat down – wear a sweater
Clean up any litter I see on beaches
Talk to people about acting more sustainably
Grow more of my own food
Buy local and fair trade products
Eat local
Grow garden
Become an urban farm girl
Eat less animal products
Walk more! Drive less
Install a rain garden in my yard
Grow my own fruits and vegetables
With my children
Ride my bike for trips under five miles
Be more energy efficient
Eat more locally grown food, bike to school, and continue educating myself about sustainability
Maintain an FSC forest for habitat and diversity
Help a group of those younger than me do service projects for the environment in our neighborhood
Use a rain barrel
Conserve water, bike more. Help maintain creeks
Educate and remediate
Buy local
Recycle
Cut down my trash production



Ride my bike for most of my travel
Reduce waste
Take shorter showers! Plant an urban orchard
Bike more!
Bike more
Be a good person
Pick up trash when I walk to work
Pick up garbage
Be more eco-friendly with what I recycle and what can be reused
Be a good person
Conserve energy
Turn off her light when you leave the room
Compost more often
Walk more
Drive less, walk more!
Not pollute our water
Protect GMO labeling for safe eating habits
Reduce waste! Cut packaging!
Recycle and compost
Buy less stuff
Walk more and drive less!
Help trees
Turn my lights off and use LEDs
Eat as little meat as possible
Buy local
Recycle
reduce food waste
use less water: shower less
buy local, sustainably grown produce
walk to work!
Peas
Ride bikes instead of drive cars #yearofthebike
Keep the earth clean
Eat local

Fix up my bike and ride it to work more!
Grow more of my own foods and prepare foods at home
Worm bin it up this summer
Ride my bike more often!
Go outside more
Work hard
Compost garden
Contribute less waste
Change habits, small changes contribute to the huge changes
Not litter
Use my rain barrel
Eat local
Get my whole family to recycle everything they can for the environment
Grow veggies in the parking strip
Compost my food waste!
Compost more
Recycle
Use washable containers for my lunch – avoid baggies
Push for citywide recycling in businesses and residential (mandatory)
Long board
Compost
Walk and bike to work every day
Walk
Ride my bike
Advocate for change at work
Use car less, walk, bike, and bus more often
Eat locally
Conserve resources
Follow the three R's
Plant more trees!
Use the public transit system more often



Unplug every once in a while to stop all that radiation
Grow wildlife-friendly raised bed gardens
Teach my children about the good organic food we can grow
Home compost, container garden, and invest in rain barrel
Buy local
Walk more instead of drive everywhere
Recycle
Pick up litter
Recycle
Take a 5-minute shower
Teach my co-workers more about recycling
Drive my car less
Recycle and not cut down trees
Only plant trees, not cut them down
Ride my bike as much as I can!
Have a good family farm
Take public transit



165 Sustainability pledges were made by attendees during the 8th annual South Sound Sustainability Expo.