



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 8<sup>th</sup> annual South Sound Sustainability Expo.