



## **Resolve to Live the Green Life Year-round with Monthly Tips from askHRgreen.org**

(Hampton Roads, Va., January 1, 2023) – You know how New Year’s resolutions can be. We are all gung-ho with plans to do this, that and the other. By the time Valentine’s Day rolls around, we are losing momentum or have given up! Instead of striving to attain multiple, aspirational resolutions throughout the year, the people who power the [askHRgreen.org](https://www.askhrgreen.org) public awareness campaign recommend taking it slow and steady when it comes to living and sustaining a greener lifestyle.

“Instead of creating an ambitious list of things to check off your list, we like the idea of taking things one step at a time,” said Rebekah Eastep, an askHRgreen.org team leader. “We have so many events, promotions, and resources at your disposal, you will find it easy to adopt a ‘green’ resolution one month and add another to the mix the next.”

For residents who would like to begin their journey of “greening up” in 2023, Eastep and her team have mapped out easy, good-to-do tasks to take them full circle through the calendar year.

### **January: Start Smart, Recycle Right**

Make this the year to “Start Smart, Recycle Right” by selecting products with less packaging (or packaging that you know is accepted for recycling) and knowing which items are recyclable in your community. Use our handy [Recycling & Disposal Lookup Tool](#) as a guide.

### **February: Make Your Home Flush-Friendly**

To be flush-friendly, you need to know what *not* to flush. And you might read up on that while you take a potty break during the Superbowl halftime. Some things you should never flush include tissues, paper towels and wipes, even if they say they’re flushable! Are you a Toilet Trooper or a Party Pooper? [Take the fun quiz](#) and find out!

**March: Keep Your Community Clean**

Register for a [Great American Cleanup](#) (March 24-25) event near you. Or rally your neighbors and plan your own project. Need help? Through our [Team Up 2 Clean Up](#) program, you can “check out” litter grabbers, trash bags and safety equipment for your use. (By the way, you can put together a Team Up 2 Clean Up group and check out this equipment any time of the year.)

**April: Make Your Yard Stormwater-Smart**

April showers bring... Well, you know! Assess your lawn and garden areas to see if stormwater runoff is causing erosion or standing water. Native trees, shrubs and perennials all look great while stabilizing your soil. See our [Native Plants for Southeastern Virginia Guide](#) for inspiration.

**May: Safely Dispose of Household Hazardous Waste**

Spring cleaning? Set aside any hazardous household waste products (old paint cans, fluorescent bulbs, motor oil, etc.) to take to a safe HHW collection site. Look for local disposal resources and collection events at [askhrgreen.org/hhw](http://askhrgreen.org/hhw).

**June: Fix Household Water Leaks**

Your money may be drip, drip, dripping away and you don't know it! This month, find out how to [run down common household water leaks](#) such as dripping faucets, leaky showerheads and worn-out toilet flaps, and learn how to fix them. It's easy and will mean more money saved and less water wasted.

**July: Choose-to-Refuse Single-Use Plastics**

Millions worldwide will participate in Plastic Free July. Will you accept the challenge? [Single-use plastics](#) last for decades, yet they are used for just minutes and thrown away. Going “strawless” will help protect wildlife from ingesting this litter, while keeping our area “beachy” clean!

**August: Support Green Learning in Schools**

Spread the word to a teacher or youth group leader you know about our [askHRgreen.org](http://askHRgreen.org) [Environmental Education Mini-grant Program](#). Grants of up to \$500 are available for funding green-based student projects. They will love you for recommending it!

**September: Make Back-to-School as Green as Can Be**

Make back-to-school easier on the environment by using what you have on hand and making smart buying choices. Make an “educated” decision and [check out our tips!](#)

### **October: Thank a Water Worker**

Drink up! Water that is. And give thanks to our hardworking water workers that it flows without fail through your pipes. [Imagine a Day without Water](#), October 19, addresses the importance of maintaining the water and wastewater systems that bring a steady flow of water to keep Hampton Roads humming.

### **November: Keep the Grease Grinch at Bay**

Keep the plumber off your holiday guest list by knowing how to dispose of Thanksgiving leftovers and food scraps. Avoid kitchen sink backups by pouring standing grease in a can, freezing it, and then tossing it in the trash. And don't forget to scrape leftovers into the garbage or compost bin. Need more tips? [Here you go!](#)

### **December: Reduce Holiday Waste**

Being a conscientious consumer during this peak waste-generating month could be the single greatest gift you give to the environment. Check our [Green Holiday Guide](#) for ideas on everything from shopping and entertaining to gift ideas and how to wrap them!

**About askHRgreen.org** [askHRgreen.org](http://askHRgreen.org) is your go-to resource for all things green in Hampton Roads – from recycling tips and pointers for keeping local waterways clean to water-saving ideas and simple steps to make local living easy on the environment. Launched in 2011, the region-wide public awareness and education campaign is administered through the Hampton Roads Planning District Commission and powered by the following members: The cities of Chesapeake, Franklin, Hampton, Newport News, Norfolk, Poquoson, Portsmouth, Suffolk, Virginia Beach, and Williamsburg; the counties of Gloucester, Isle of Wight, James City, Southampton, Surry and York; the town of Smithfield; and HRSD. Like [askHRgreen.org](http://askHRgreen.org) on [Facebook](#), follow on [Twitter](#) and [Instagram](#), tune in to [YouTube](#) and catch the “Let’s Talk Green” [blog](#), written by a team of local experts.

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