

1,000

The gallons of water you can conserve each month by shortening your shower time to five minutes or less. Use a sand timer with a suction cup to help beat the clock. Find one at rippleproducts.com

Curb Your Compost

Three innovative cities take recycling to the next level, collecting leftover food and yard clippings at the curb and turning them into compost. The reason? Such waste generates the majority of landfill methane (a bigger offender than carbon dioxide) and can make up as much as 40 percent of landfill trash. Among the first to jump on the compost-collecting truck, San Francisco has expanded its pickup of kitchen and yard waste. Toronto recently had to grow its facilities to meet the demand. And Minneapolis started picking up scraps in September. What will the Midwestern city do with all that compost? Possible ideas include using it to prevent soil erosion caused by construction projects and employing it as a nutrient-rich fertilizer. If you don't live in one of these cities, call your public works department to suggest the idea. Meanwhile, start composting on your own with a Biostack Composter (\$129, smithandhawken.com).



GO-ANYWHERE BAGS

By now, you've heard about the eco-pitfalls of plastic bags. But what if you just forget a reusable one, despite your best intentions? Enter the collapsing bag. These lightweight totes shrink down for easy storage, so you can tuck them everywhere—and never be without. Among our favorites: ChicoBags (chicobag.com), Baggu (baggubag.com), and Envirosax (envirosax.com). Even more sustainable, the CarryEco from TokyoBay (tokyobayinc.com) and Trek Light tote (treklightgear.com) make use of recycled plastic and leftover hammock materials, respectively.

+ WIN ONE! We love these bags so much, we're giving 10 ChicoBags away. To enter, send your name, address, and e-mail to contest@bodyandsoulmag.com by December 27, 2008.