

Here are a few other things her friends knew Kalpana was able to live up to :

- Buy paper products made from recycled paper.
- Re-use old paper for writing notes.
- Have cloth towels handy (and thus use fewer paper towels).
- Don't buy "overly packaged" or already prepared foods-spend quality time cooking with the family.
- Use old calendars, maps and magazines for wrapping paper (you can be quite creative).
- In the winter, keep homes heated to a lower temperature and wear more sweaters.
- In the summer, allow homes to stay at a higher temperature so the air conditioner cycles on less frequently; wear cotton and go barefoot.
- Don't use electric appliances unless needed-let your hair dry naturally get a great workout using a push mower, and don't iron clothes that are just slightly wrinkled!
- Don't use a clothes dryer...in good weather, hang your laundry outside and it will smell fresh and lovely.... In rainy or cold weather hang it inside (on hangers, on a closet pole) and it will contribute to humidity to make the house more comfortable!
- Re-use old containers, especially water bottles.
- Recycle! Deliver paper, glass and plastic to the city recycling collection station.
- Don't eat "fast food," not only for its ecological cost (read "Fast Food Nation" for all the facts), but also for the cost of debasement of human lives.
- carry a cloth bag in your car for purchases.
- Buy local produce and products whenever possible, to cut down on transportation of goods.
- Buy in bulk and save money.
- Eat lower on the food chain.

Kalpana was a vegetarian eating lower on the food chain. This requires fewer resources to produce sufficient nutrients for each person. For example, the National park Service has estimated that in the United States 2500 gallons of water are needed to produce a pound of beef, compared to 25 gallons needed for a pound of wheat. A feedlot-raised cow requires grain, hay and water, and complex cleaning of the environment to remove waste products. This puts a strain on already limited Western water rights and availability, as well as contributing to water contamination and acid rain. Overgrazing by livestock causes soil compaction and erosion, leading to a loss in water storage capacity.

