

BEING GREEN CAN SAVE YOU GREEN

You've heard the terms "Going Green" or "Being Green" which means saving energy to preserve our natural resources. There are multiple benefits when you Go Green!!

- WHILE AT THE STORE -

- Use organic cloth bags for produce and other groceries. They are reusable and machine washable.
- Use one large shopping bag while at the mall
- Purchase products that have minimal plastic or paper packaging
- Purchase larger containers instead of smaller ones - saves on packaging. Examples are yogurt and cottage cheese.
- Purchase organic produce (no pesticides are used).

- WHILE AT HOME -

- Purchase a smart power strip to save electricity and money. Visit www.bitsltd for more information.
- Repair a leaking faucet immediately to avoid wasting water
- Unplug the toaster, coffee maker, hair dryer, electric toothbrush, cell phone chargers, etc. when they are not in use. Experts say over 40% of the power you are using is from plugged in appliances that are not being used.
- Use one less napkin a day or use cloth napkins
- Run your dishwasher and washing machine only when completely full
- Use recycled aluminum foil
- Don't throw away plastic containers - find another use for them
- Avoid using Styrofoam
- Donate clothing and leather shoes to charities. It takes 50 years for a pair of leather shoes to disintegrate.
- Use organic cleaning products. Clean is not supposed to smell good - clean should not smell at all. The smells from products are created from chemicals that can cause allergic reactions. Organic products may also help alleviate allergic reactions.
- Take shorter showers. Maximum should be 10 minutes - and that is only occasionally. Five to seven minutes is optimal.
- Take a relaxing bath instead of a shower
- Wash your clothes in cold water. This saves you money for heating energy and is easier on your clothing.
- Use only eco-friendly laundry detergent
- Clean out your dryer lint trap each time you dry a load of clothing. The dryer will perform more efficiently and you will also avoid a potential fire hazard.
- Turn the water off when brushing your teeth or soaping your face at the sink
- Fill the kitchen sink with water to wash dishes instead of letting the water run
- Take your own mug or coffee flask to your coffee store (Starbuck's, Peet's, etc.)
- Replace incandescent light bulbs with florescent bulbs. This will save the equivalent emissions of 800,000 vehicles if every family in America installed one florescent bulb.
- Close heater and A/C vents to rooms you are not using
- Assure all windows and doors are shut while using the A/C or heater
- Set your thermostat to 74 or 76 degrees during warmer months. This will save a lot of money and energy. Setting the temperature lower will increase the risk of the A/C malfunctioning as well.
- Set the temperature to 64 degrees in cooler months and wear a robe or sweater
- Close all blinds and drapes to keep your home cooler in the summer months
- Close all closet and cabinet doors while running your heater or air conditioner
- Close all blinds and drapes to keep your home warmer in the winter months
- Shut off all lights when leaving a room - why are the lights on if no one is there?
- Use washable micro fiber cloths to clean instead of paper towels. (Method brand are available at Target.)

- TIPS IN GENERAL -

- Purchase recyclable plastic or paper plates and other picnic items
- Only use recycled paper products
- Recycle packing peanuts
- Use a coffee mug or tea cup at work instead of using paper or Styrofoam.
- Use the same cup or glass all day instead of several throughout the day.

- AMAZING FACTS -

- We use 380,000,000,000 plastic bags each year in the USA
- It takes 1,000 years for a plastic grocery bag to disintegrate
- We cut down 14,000,000 trees every year to produce 10,000,000,000 paper grocery bags
- The average person in the USA generates 4.5 pounds of trash everyday
- It takes five liters of water to make one liter of bottled water. The bottle production uses petroleum - therefore - five liters of water is necessary. Purchase aluminum or reusable plastic bottles.
- It takes 100 years for a glass bottle to break down - RECYCLE GLASS
- Idling your vehicle 10 less minutes each day can reduce carbon dioxide by 550 pounds in the air every year