

## **GREENING YOUR LIFESTYLE:**

SOME EVERYDAY THINGS TO GREEN YOUR LIFE NO MATTER WHERE YOU LIVE

<b>Sites</b>	1	Take the bus, train or ride your bike to work. This decreases the use of natural resources by fuel.
	2	Don't idle the car. This wastes fuel and creates air pollution.
	3	If you do drive, keep the tire inflated and remove excess weight from the trunk.
<b>Water</b>	1	Take shorter and cooler showers to save water and energy.
	2	Use cold water cycle for laundry.
	3	Avoid chemical drain cleaners - commercial drain cleaners are caustic and pollute the waste stream. Try baking soda mixed with boiling water instead...or a plumber's snake.
<b>Energy</b>	1	Replace incandescent bulbs with compact fluorescent bulbs. Look for a color temperature around 2700°K for light closest to incandescent.
	1	Turn off lights when no one is in the room.
	2	Unplug appliances such as TV's, stereos, etc. This equipment still draws electricity when they are plugged in, especially chargers for small appliances. Use power strips for convenient on/off access.
	3	Tracking your gas and energy use. You'll be surprised at how a few conservation techniques can save a lot of money and energy.
	4	Clean and maintain appliances to make sure they are working efficiently. Simple things such as cleaning the coils in the refrigerator can cause a significant savings by ensuring that the refrigerator is functioning properly.
	5	Close curtains in the summer months to prevent heat gain.
	6	Air conditioners: Set A/C's to 78°. Keep filters clean, purchase the most efficient unit possible and remove from windows before the heating season begins.
	7	Only run the dishwasher and washing machine when they are full and clean the dryer's lint filter with every load.
<b>Materials</b>	8	Sign up for green power!
	1	In lieu of paper goods, use re-usable utensils, cups, plates. This reduces waste.
	2	Recycle! Separate glass, paper & cardboard, plastic and metals from the trash. Look for special plastics and electronics recycling events.
	3	Reduce plastic bag usage: carry durable reusable bags for shopping.
	4	Compost under the sink or in the backyard to reduce the quantity of stuff going into the waste stream.
	5	Buy regionally to reduce the number of transportation miles for each product.
	6	Divert waste from the landfill, use Freecycle or NYC Stuff Exchange to find new users for old products.
<b>Air</b>	7	Opt out of catalogs you didn't sign up for: <a href="http://www.catalogchoice.org">www.catalogchoice.org</a>
	1	Don't smoke indoors.
	2	Take off your shoes to prevent harmful contaminants from being tracked through the house.
	3	Grow indoor plants.
	4	Run the bathroom exhaust for at least 20 minutes after showers.
<b>Food</b>	5	Use natural cleaning products to reduce the amount of toxins from household chemicals in the indoor air and reduce pollution in the waterways. Use organic dry cleaning
	1	Support local markets and farmers by purchasing food locally or joining a CSA.
	2	Consider purchasing organic foods.
<b>Awareness</b>	3	Reduce the amount of packaging and waste that comes with the food you're buying.
	1	Talk to your neighbors about what you can do to make your neighborhood greener.
	2	Become involved in a local trash cleanup or neighborhood beautification project.
	3	Look online for blogs, bulletins and events about green ideas and sustainability.
<b>Awareness</b>	4	Spread the word about what green activities you are doing - you may inspire someone.