

GREENING YOUR LIFESTYLE:

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

Sites	1	Take the bus or train, or ride your bike to work to decrease the use of fuel.
	2	Don't idle the car. This wastes fuel and creates air pollution.
	3	If you do drive, keep the tires inflated and remove excess weight from the trunk.
Water	1	Take shorter and cooler showers to save water and energy.
	2	Use the 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.
Energy	1	Replace incandescent bulbs with compact fluorescent bulbs. Look for a color temperature around 2700°K (slightly yellower than incandescent) or 3000°K (slightly whiter than incandescent).
	2	Turn off lights when no one is in the room.
	3	Unplug appliances such as TVs, stereos, etc. This equipment, especially chargers for small appliances, continues to draw electricity when plugged in. Use power strips for convenient on/off access.
	4	Track your gas and energy use. You'll be surprised at how a few conservation techniques can save a lot of money and energy.
	5	Clean and maintain appliances to make sure they are working efficiently. Simple things such as cleaning the coils in the refrigerator can result in a significant savings by ensuring that the refrigerator is functioning properly.
	6	Close curtains in the summer months to prevent heat gain.
	7	Air conditioners: Set A/Cs to 78°. Keep filters clean, purchase the most efficient unit possible, and remove from windows before the heating season begins.
	8	Only run the dishwasher and washing machine when they are full, and clean the dryer's lint filter with every load.
	9	Sign up for green power!
Materials	1	In lieu of paper goods, use reusable utensils, cups, plates. This reduces waste.
	2	Recycle! Separate glass, paper & cardboard, plastic and metals from the trash. Look for special plastic 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 material 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.
	7	Opt out of catalogs you didn't sign up for: Try www.catalogchoice.org
Air	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 to exhaust excess moisture and prevent mold
	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
Food	1	Support local markets and farmers by purchasing food locally or joining a CSA.
	2	Consider purchasing organic foods.
	3	Reduce the amount of packaging and waste that comes with the food you're buying.
Awareness	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 local blogs, bulletins and events about green ideas and sustainability.
	4	Spread the word about your green activities - you may inspire someone.

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