



# Live Well, Work Well

The energy saved from recycling one glass bottle can run a 100-watt light bulb for four hours.

## GREEN UP YOUR LIFE

Making a positive impact on the environment is a never-ending process. There are many things you and your family can do to conserve. Here are some ways you can make a difference.

### Around the House

To be more environmentally friendly around the house, try the following tips:

- Take advantage of curbside recycling pickups in your community. Set out glass, plastic, paper, cardboard and aluminum to be recycled instead of throwing it away.
- Use energy-saving light bulbs and fixtures.
- Use cotton cloths for spills and messes instead of disposable paper towels.
- Make your own lunches at home instead of buying them at restaurants. This will save on packaging while also saving you money.
- Use reusable containers instead of tin foil, plastic wrap or plastic bags to store leftovers in the fridge.
- Take a shower instead of a bath, which uses significantly less water.
- Turn off the water when brushing your teeth. Turn it back on only to rinse and gargle.
- Install spray taps instead of normal taps on all your faucets.
- Recycle old window treatments.
- Donate your old eyeglasses to charity instead of throwing them away.
- Try to sell or donate old items in your attic or basement instead of putting them in the trash.
- Send an e-card instead of a paper one for holidays and birthdays.

- Bike or walk to get to work or school.
- Use rechargeable batteries instead of disposables.
- Compost your garden and food waste at home. This becomes great fertilizer later.
- Use citronella or vegetable-based candles to keep insects away instead of patio heaters or electric lights.
- Mend, repair or re-upholster old furniture before buying something new.
- Use eco-friendly sanitary products.
- Open windows to cool down your home instead of running the air conditioner, and put on a heavy sweater instead of turning up the heat in the winter. This will save you money on heating and cooling costs.

### At the Store

When out shopping, consider these conservation tips:

- Bring a cotton shopping tote instead of using plastic bags to carry items home.
- Buy loose fruit and vegetables instead of individually packaged ones.
- Utilize a glass bottle milk delivery service if there is one available in your area.
- Set lights on a timer or motion sensor instead of leaving them on while you are away.
- Drink tap water or purchase a water filtration system instead of buying bottled water.
- Buy products that you use frequently, such as toilet paper or laundry detergent, in bulk to save on packaging and cost.
- Visit a “green” dry cleaner that does not use harsh chemicals that can be bad for the environment.

### Electronics and Appliances

To save on electricity and appliance usage, try the

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following tips:

- Plug your television, DVD/Blu-ray player, microwave and cell phone charger into a power strip and turn it off when these items are not in use.
- Buy appliances that have the Energy Star logo. They use far less energy than appliances that do not contain Energy Star technology.
- Recycle old refrigerators containing chlorofluorocarbons (CFCs), a substance shown to pose serious dangers to the ozone layer.
- Do not leave your computer on all day. Turn it off and then switch off the power strip. Note: Computers on stand-by are still using power. You must either turn off the computer completely or put it in “sleep” mode.
- Avoid printing documents that can be saved on your hard drive for later use. Start an electronic storage system instead of using a filing cabinet.
- Buy 100 percent Post-Consumer Recycled (PCR) computer paper.
- Recycle your ink and toner cartridges when they are empty or simply have them refilled.
- Donate old computers to charity or recycle them.
- Buy reconditioned electrical appliances instead of new ones.