



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.