

TIPS/FACTS/INFORMATION

Green Your Home

Appliances

- Choosing Energy Star appliances can save your family 30% (\$400) per year. (www.psc.state.fl.us/consumers/house)
- Cover liquids and wrap foods stored in the refrigerator. Uncovered foods release moisture and make the compressor work harder. (www.psc.state.fl.us/consumers/house)
- Keep the refrigerator door shut. When taking out an item close the door instead of leaving it open until you are done with the item you took out. (www.psc.state.fl.us/consumers/house)
- Keep the coils clean. Move your refrigerator out from the wall and vacuum its condenser coils once a year unless you have a no-clean condenser model. Your refrigerator will use less energy with clean coils. (www.psc.state.fl.us/consumers/house)
- Use tight-fitting covers on pots and pans to increase efficiency and shorten cooking time. Cooking pasta with a lid on the pot will use one third as much energy as without. (<http://www.psc.state.fl.us/consumers/house>)
- Turn off the range just before food is ready. The residual heat will finish the cooking. (www.psc.state.fl.us/consumers/house)
- Don't peek! The temperature drops 25 to 30 degrees F each time the door is opened. (www.psc.state.fl.us/consumers/house)
- Use the oven as little as possible in the heat of summer. The waste heat makes the house more uncomfortable and increases air conditioning loads. Cook outdoors. (www.psc.state.fl.us/consumers/house)

Water Conservation in your home

- A family of four uses 400 gallons of water every day. If all U.S. households installed water-efficient appliances, the country would save more than 3 trillion gallons of water and more than \$18 billion dollars per year. (www.epa.gov)
- Turn off water while brushing your teeth and save 1200 gallons of water per year (www.wateruseitwisely.com).
- Rinse your razor in the sink partially filled with warm water. (www.psc.state.fl.us/consumers/house)
- Scrape, rather than rinse your dishes before loading them into the dishwasher. (www.psc.state.fl.us/consumers/house)
- Only run dishwasher with full loads. (www.psc.state.fl.us/consumers/house)

- Replace older shower heads with water-efficient heads. (www.psc.state.fl.us/consumers/house)
- Fix a leaky faucet as soon as it starts. A leaky faucet can waste hundreds of gallons of water in a very short time. (www.psc.state.fl.us/consumers/house)
- Repair leaky toilets (a leaky toilet can waste 200 gallons per year). (www.psc.state.fl.us/consumers/house)
- Check for leaks by placing a few drops of food coloring in the toilet tank. If the food coloring shows up in the bowl without flushing, you have a leak. (www.psc.state.fl.us/consumers/house)
- Replace older toilets with low-flow toilets which use only 1.6 gallons per flush. This will save on both water and wastewater charges. (www.psc.state.fl.us/consumers/house)
- Fill a half-gallon plastic jug with water and place it in the tank of an older toilet. This will reduce the amount of water used per flush. (www.psc.state.fl.us/consumers/house)
- Laundry - adjust the water level to the load you are washing. (www.psc.state.fl.us/consumers/house)
- Use cold water for laundry. Most laundry detergents are made to work in cold water. (www.psc.state.fl.us/consumers/house)

Recycle/Reuse

- Approximately 2 billion disposable razors are thrown into landfills each year. Consider using electric razors (but keep them unplugged when not in use), a refillable razor, or an eco-friendly disposable razor. (www.preserveproducts.com/products/triplerazor.html)
- Remove caps/lids from water bottles or they will not be recycled. Bottle caps are a different plastic than the bottle. (www.scientificamerican.com)
- Most shampoo, lotion, and cosmetic products come in #2 plastic bottles—all are recyclable but lids/caps must be removed. (www.greenyour.com)
- Recycle your old tennis shoes. They are grinded down and put “back in the game” as playing fields, tracks, basketball courts, etc. (www.nikereuseashoe.com)
- Aluminum toothpaste tubes are recyclable with your commingled containers if you cut off the plastic top. (www.ecocycle.org)
- Use reusable grocery and shopping bags. Each year, 30 billion plastic and 10 billion paper shopping bags are used in the United States, requiring about 14 million trees and 12 million barrels of oil to produce. (www.greenyour.com)
- Worldwide, the number of plastic bags used ranges from between 500 billion and 1 trillion, amounting to 1 to 2 million bags used per minute. These bags take between 20 and 1,000 years to break down, often floating into wild spaces and oceans, creating choking hazards for sea creatures and mammals

alike. (www.greenyour.com)

- Re-use plastic and paper shopping bags. Recycling or reusing one ton of paper bags saves 13 to 17 trees. Recycling or reusing one ton of plastic bags saves 11 barrels of oil. (www.greenyour.com)
- As you upgrade your technology, many outdated items can be reprocessed, such as VHS tapes, game cartridges, digital cameras, MP3 players, cords, cables, cassette tapes, VCRs and computer monitors. GreenDisk will take these items and reprocess them in an eco-friendly way. (www.greendisk.com)
- Local Lions Clubs recycle eye glasses and provide usable eye glasses to children and adults throughout the world. Local eye care chains may also collect them, such as LensCrafters, Target Optical, or other participating stores and doctors' offices, and send them to www.givethegiftofsight.org. Metal frames can be recycled in scrap-metal recycling bins. (www.keysglee.com/html/reuse_recycle.html)

Energy Efficient

- Replace your lightbulbs with ENERGY STAR qualified compact fluorescent light bulbs (CFL) and you will save about \$30 over each bulb's lifetime and each bulb will pay for itself in about 6 months. Each bulb uses 75% less energy and lasts about 10 times longer than an incandescent bulb. (www.energystar.gov)
- Turn lights off when rooms are unoccupied. A 100-watt light bulb that is left on continuously can cost more than \$6 a month. (www.keysglee.com/html/energy_con.html)
- If every household in America switched to these bulbs in only one room, power plants would release one trillion pounds less CO₂ into the atmosphere each year. (www.epa.gov)
- Ceiling Fans with forward and reverse circulation are great air controllers. A ceiling fan can direct cooler air down from the ceiling into your living area during the summer months, allowing you to increase the thermostat settings while maintaining your comfort level. During the winter months, reversing the direction of your ceiling fan moves the warmer top air in the room down the walls and into the lower living area allowing you to decrease your heating temperature setting. Both scenarios save valuable energy dollars. (www.psc.state.fl.us/consumers/house)
- Turn off your ceiling fan when you are not in the room. You feel cooler under a ceiling fan because of the wind-chill effect, but the fan does not lower the air temperature. A fan that runs constantly can cost up to \$7 a month. (www.keysglee.com/html/energy_con.html)
- Cool your home at 78 degrees or warmer with the thermostat fan on "auto." For more savings, raise the thermostat to 82 degrees or warmer when you are away. (www.keysglee.com/html/energy_con.html)

- Install a programmable thermostat to adjust the temperature. It can be set to automatically raise the temperature of your home when you are away from home and cool it back down to a comfortable 78 degrees before you return home. (www.keysglee.com/html/energy_con.html)
- Unplug your home electronic products when they are not in use. U.S. households spend \$100 per year to power devices while they are in this “standby” power mode. (www.energystar.gov)

Environmental

- Make your own household cleaners: they are healthier and less toxic. (www.thegreenguide.com)

Green Your Kids

- Use rechargeable batteries in your children’s toys. For a same quantity of energy produced, rechargeable batteries have up to 32 times less impact on the environment than disposable batteries. (www.aboutmyplanet.com)
- Pack your child’s lunch in a PVC re-usable lunch box and use re-usable containers. This helps to prevent 67 pounds of waste per school from going into a landfill. (www.greenguide.com)
- The National Crayon Recycle Program melts down crayons and reforms them into new ones. (www.crazycrayons.com)
- Ask your child’s school to adopt a “no-idling” policy for their school buses. The contribution of engine exhaust emissions to the air quality and associated health impact of people, particularly children, is an issue we can do something about. (www.epa.gov)
- Work with your child’s school to get Styrofoam out of the cafeteria. Styrofoam is made with polystyrene which. A 1986 EPA report on solid waste named the polystyrene manufacturing process as the 5th largest creator of hazardous waste. The National Bureau of Standards Center for Fire Research identified 57 chemical byproducts released during the combustion of polystyrene foam. The process of making polystyrene pollutes the air and creates large amounts of liquid and solid waste. (www.earthresource.org)
- Instead of throwing away old toys or clothes, encourage your child to sort through them and donate items they no longer use or wear. (www.greenyour.com)

Green Your Pets

- Choose biodegradable kitty litter because it decomposes faster than clay-

based litters whether you compost it or send it the way of the landfill. It also won't tax the environment with harmful strip mining production processes. (www.greenyour.com)

- Consider neutering your pet - it reduces strays and use of resources to maintain the overwhelming amount of strays. One fertile female cat can mate three times a year, producing four to six kittens each time. Over seven years, a female cat and her offspring may together produce as many as 420,000 kittens. (www.greenyour.com)
- Compost your pet's waste. Whether you're scooping for a kitty or a pooch, composting your pet's waste will prevent it from polluting waterways and from taking up space in landfills. (www.greenyour.com)
- Use natural flea control. Before you break out the bug bomb, try natural flea control methods. Insecticide alternatives will help prevent fleas from irritating your pet and taking up uninvited residence in your home. (www.greenyour.com)
- Choosing natural dog grooming products isn't just beneficial to your pets and their health—it's also an eco-friendly choice that curtails the production of toxic chemical cleaning agents, deodorants, fragrances, and other polluting substances. (www.greenyour.com)

Green Your Garden

- Use organic products such as peppermint oil or garlic oil rather than pesticides to rid your garden of pests. (www.greenguide.com)
- Introduce beneficial predators to keep pests away as they keep insects away from your home, garden, yard, or farm, thus eliminating the need for toxic pesticides that can harm people, pets, and the environment. (www.greenyour.com)
- Look for garden tools made with recycled plastic or sustainably sourced wood products. (www.thegreenguide.com)
- The best fertilizer for your lawn and garden is homemade compost made from food scraps, lawn clippings, and fall leaves as they promote growth of beneficial bacteria, earthworms, and fungi that build soil structure and foster healthy plants. (www.thegreenguide.com)
- Grow your own organic vegetables.
- Purchase organic seeds as many are treated with insecticides or fungicides prior to sale. (www.thegreenguide.com)
- Use a push mower, which, unlike a gas or electric mower, consumes no fossil fuels and emits no greenhouse gases. (www.thegreenguide.com)
- Choose the correct watering system. Use soaker hoses or trickle irrigation systems for trees or shrubs. (www.greenyour.com)
- Use a rain barrel to collect rain water which doesn't contain chemicals found

in tap water and is free for you. (www.greenyour.com)

- Apply mulches as they prevent weeds and conserve water. (www.greenyour.com)
- Practice crop rotation in your vegetable garden as it improves the soil and helps control diseases, insects, and weeds—reducing the need for harmful synthetic pesticide. (www.greenyour.com)
- Proper tree selection is the first step in ensuring that it meets your needs for shade or beautification. Do some research before you plant a tree. Find out how tall the tree will be when it matures and how widespread its branches will be. Be sure that the tree will not grow into power lines or uproots your sidewalk, house foundation, or driveway. (www.psc.state.fl.us/consumers/house)

Green Transportation

- Improve the fuel efficiency of your vehicle. If the fuel efficiency of all US passenger cars improved by 5 mpg, over 13 billion gallons of gas would be saved annually—equivalent to the CO₂ emissions of over 11 million homes in a year. (www.greenyour.com)
- Take public transportation when possible. Switching from driving a car to work to taking public transit can cut daily carbon emissions by 20 pounds, or more than 4,800 pounds a year. (www.greenyour.com)
- If possible choose a Hybrid vehicle as they reduce air pollution by up to 90% and are extremely fuel efficient. (www.greenyour.com)
- Carpool to work if possible. Based on 2002 estimates of driving costs not including insurance, registration, and finance charges, a 20-mile round trip cost \$1108 to drive annually, \$554 if two people carpool and \$369 if three people share the ride. (www.greenyour.com)
- Make sure you maintain your vehicle regularly. Engine tuning can improve a vehicle's mileage by as much as 4 percent while replacing air filters on a regular basis not only protects a car's engine but also improves mileage up to 10 percent. (www.greenyour.com)

Green Home Improvement

- Replace your conventional fan/light units with an Energy Star ceiling/fan light combination. They are 50% more efficient and can save you more than \$15 per year on utility bills. (www.energystar.gov)
- Heating and cooling costs the average homeowner about \$1,000 a year — nearly half the home's total energy bill. If your central air conditioning unit is more than 12 years old, replacing it with an ENERGY STAR qualified model could cut your cooling costs by 30 percent. (www.energystar.gov)
- Increase the insulation in your attic. The US Department of Energy (DOE) recognizes roofs and attics as top priorities for energy-saving insulation

upgrades due to the accessibility of most attics and the immediate improvements in both comfort and energy consumption. Between 50 and 70 percent of the energy used in an average American home is consumed by heating and cooling systems. (www.greenyour.com)

- Choose a window film for your windows. Windows and doors contribute up to 30 percent of heat loss and gain in a home, by direct conduction through the glass and via air leakage through the window assembly. Choosing and installing a window film or adhesive coating can boost the efficiency of your current windows by reflecting sunlight and reducing its transmission into your home as heat. (www.greenyour.com)
- Use Low or no-VOC latex paint when re-painting. It may cost more than conventional paint but it will release fewer or no volatile organic compounds (VOCs) into your home air. VOCs contribute significantly to ground-level ozone (smog) production and a variety of health problems. Ground-level ozone also harms ecosystems and vegetation, accounting for an estimated \$500 million in reduced crop production each year in the United States. (www.greenyour.com).

Green Your Office and/or Home Office

- Switch to paperless bills and online bill pay for all of your bills. According to the PayItGreen Alliance, if the average American home switched to paperless bills and online bill pay they would save .08 trees, 6.6 pounds of paper, 4.5 gallons of gasoline for transportation, not release 63 gallons of wastewater, and not produce 171 pounds of greenhouse gases. (www.payitgreen.org)
- Use recycled paper for everything. Producing recycled white paper creates 74% less air pollution and 35% less water pollution than producing paper from virgin fibers. (www.ecocycle.org)
- Recycle all the paper you use. Recycling one ton of paper saves 17 trees, 2 barrels of oil, 4,100 kilowatts of energy, 3.2 cubic yards of landfill space and 60 pounds of air pollution. (www.webecoist.com)
- A business can cut its energy bills by 20% if it turns off lights in the evening, makes sure computer screens are switched off, and makes full use of natural light. Invest in Smart Strip power-saving surge protectors for each computer station and you will save \$1.60 - \$5.70 in energy bills per month. (www.infotechmoves.co.uk)
- Replace office light bulbs with energy efficient bulbs. Lighting, both indoor and outdoor, is one of the biggest energy drains in office environments: it accounts for nearly 28 percent of total office energy consumption. T12 bulbs—by far the most popular office illuminators around—are at least 20 percent less efficient than new bulbs like T8s and T5s. (www.greenyour.com)
- Install motion sensors or daylight sensors so your lights will turn off automatically when you leave rooms or for the day. (www.greenyour.com)

Green YOU (Food, Health, and Fitness)

- Make sure your canned goods are made from recycled cans. Using recycled cans instead of extracting ore to make aluminum cans produces 95% less air pollution and 97% less water pollution. (www.ecocycle.org)
- Purchase local produce and help to diminish the eco-perils associated with long distance transportation, help to decrease the amount of packaging used (non-local produce uses more packaging), and reduce the amount of pesticides used in growing produce (non-local produce uses more pesticides). (www.greenyour.com)
- Purchase local produce and received more naturally ripened fruits and vegetables that give you better flavor and nutrition. (www.greenyour.com)
- Choose natural personal care products such as soaps, shampoos, self tanners, nail polish, and hair dye.
- Approximately 2 billion disposable razors are thrown into landfills each year. Consider using electric razors (but keep them unplugged when not in use), a refillable razor, or an eco-friendly disposable razor. (www.greenyour.com)
- Get a replaceable head toothbrush. Toothbrushes with replaceable heads allow you to pop off the head and replace it, leaving the handle to be reused again and again. According to, Eco-Dent you'd have to get rid of between 14 and 42 replacement heads to equal the amount of plastic thrown away with a single conventional toothbrush. (www.greenyour.com)
- Use a non-toxic bug spray/repellent. One of the most widely used ingredients in bug sprays is DEET which has been linked to neurological problems according to the EPA and has been found in approximately 75% of U.S. water sources including the Mississippi River. (www.greenyour.com)

Green Your Wardrobe

- Recycle your old tennis shoes. Old tennis shoes are grinded down and put "back in the game" as playing fields, tracks, basketball courts, etc. (www.nikereuseashoe.com)
- Your old jeans can be used to create insulation for homes. Visit Cotton, Inc's "From Blue to Green" website for information on upcoming denim drives at universities across the nation or call Habitat for Humanity to find out where you can donate. (www.cottonfrombluetogreen.org)
- Recycle your wire hangers. An estimated 8 billion wire hangers are thrown into landfills each year and of the 8-10 billion wire hangers produced each year only 15% of them are recycled. Choose to purchase 100% recyclable hangers. (www.dittohangers.com)
- Consider purchasing jeans and t-shirts that are made using natural fibers, hemp, organic cotton, or other eco-friendly threads. Conventionally grown cotton is a highly water- and pesticide-intensive crop. It takes about 1,800 gallons of water to produce the cotton used in one pair of jeans. To produce

11 pairs of jeans would take about 20,000 gallons, enough water to fill the average swimming pool. This water intensity drains surface and groundwater sources leading to erosion, ecosystem degradation, and species loss. When combined with the intensive use of chemicals, the runoff from jeans production contaminates lakes, rivers, and wetlands. (www.greenyour.com)

- Consider alternatives to Dry Cleaning your clothes by using “Wet” Dry Cleaning or Liquid Carbon Dioxide Dry Cleaning. In the US, dry cleaners are the largest source of emissions from perchloroethylene (perc), which is used as the liquid solvent in their cleaning method. Perc, which is also known as tetrachloroethylene, has been known to cause short-term side effects, such as headaches, dizziness, and nausea. Prolonged inhalation exposure is linked to chronic kidney, liver, and reproductive damage, and may also increase the risk of cancer. An individual cleaner only uses about 140 gallons of perc per year, but when this is multiplied by 30,000 businesses, it amounts to approximately 4.2 million gallons of perc being used annually. (www.greenyour.com)
- Consider going green with your jewelry. Green jewelry doesn’t just mean emeralds; it can be recycled gold and other precious metals, diamonds and gems mined with the environment and humane labor conditions in mind, vintage pieces, or for the more adventurous jewelry wearer, an array of items made from recycled and reclaimed materials. The production of just one 18-karat gold ring that weighs less than one ounce can generate 20 tons of harmful mine waste. This waste can contaminate nearby water with mercury and arsenic, which is harmful to human health. (www.greenyour.com)

Energy Saving Tips

- Every year, Americans generate more than 230 million tons of solid waste. By recycling about 30% of our waste every year, Americans save the energy equivalent of 11.9 billion gallons of gasoline and reduce the greenhouse gas equivalent of taking 25 million cars off the road. (www.eco-cycle.org)
- For every one million tons of material recycled rather than discarded in a landfill, we save the energy equivalent of:
 - Aluminum: 35,680,000 barrels of oil
 - Glass: 460,000 barrels of oil
 - Newspaper: 2,920,000 barrels of oil
 - Office paper: 1,760,000 barrels of oil
 - Mixed residential paper: 4,010,000 barrels of oil
 - PET (plastic): 9,100,000 barrels of oil
 - HDPE (plastic): 8,870,000 barrels of oil(www.eco-cycle.org)

- Unplug your home electronic products when they are not in use. Home electronic products use energy when they're off to power features like clock displays and remote controls. U.S. households spend \$100 per year to power devices while they are in this "standby" power mode. (www.energystar.gov)
- Unplug your phone and other electronic charging chords when not in use. In the U.S. alone, more energy efficient battery chargers have the potential to save Americans more than 1 billion kilowatt hours (kWh) of energy per year, saving Americans more than \$100 million annually while preventing the release of more than one million tons of greenhouse gas emissions — equivalent to the emissions of 150,000 cars. On average, ENERGY STAR qualified battery chargers will use 35% less energy than conventional models. (www.energystar.gov)

Bottled water

- Americans use 25 million plastic bottles every hour – and most of them are thrown away and those bottles will take over 1000 years to biodegrade in a landfill! If every American household recycled one of every 10 water bottles they used, we could keep 20 million pounds of plastic out of the landfills each year. Consider using reusable plastic bottles and save up to \$500 per year. (www.reduceeveryday.com)
- Bottled water costs more than \$1.50 per bottle which is 1900 times the price of tap water.
- As an average, US citizens spend over \$400 every year on bottled water which can be damaged by toxic chemicals like Bisphenol-A (BPA) that can create cancerous cells in your body.
- In the year 2004, bottled water usage was at 26,000,000,000 liters which is the equivalent to 28,000,000,000 plastic bottles in a year of which 86% end up as garbage.
- 26,000,000,000 liters means 17,000,000 barrels of oil that was used to produce those plastic bottles. That oil could have been enough to fuel about 100,000 cars for that year.
- 26,000,000,000 liters also contributes to an addition of 2,500,000 tons of carbon dioxide that was produced in the manufacturing of the plastic bottles.
- 1500 water bottles end up as garbage every second (Earth Policy Institute).
- On hundred billion dollars is spent every year by consumers on bottled water (Earth Policy Institute).

www.earth911.com

www.earth-policy.org

us.oneworld.net

www.commondreams.org

www.webmd.com

www.filterforgood.com