



IT'S EASY TO BE GREEN!

Easy Green Ideas for Home and Work

(Not in order of importance, all are important!)

Waste

1. Reduce

- Only use/purchase what you need; be efficient and don't be wasteful (i.e. be sure to eat leftovers instead of making new food and allowing leftovers to go bad).
- Research products you use. Some companies use more or less packaging; choose a company that uses less.
- Purchase products that have recycled content. Packaging should identify recycled content.
- Rent products or use electronic versions.
 - Books
 - Movies and television shows
 - Music

2. Reuse and reduce your waste

- Use a reusable bag for groceries and shopping.
- Pack your lunch in a reusable lunch box with reusable containers and utensils.
- Use a water bottle (always carry one so you don't have to use a single-use cup).
- Use reusable plates at home (instead of paper plates) and an energy- and water-efficient dishwasher (six gallons or less).
- Compost food waste and reuse it to create fertile soil.
 - Store food waste in a black bin, located outdoors in an area with sunlight.
 - Most food waste can be composted. For composting tips and a list of things that can and cannot be included in your compost bin, click [here](#).
 - Add worms and leaves to help the process.

3. Recycle

Check with your local recycling company for a complete list of what it will and won't take, but here are some general guidelines.

- All single-use bottle shapes (plastic, glass, detergent); anything with a "small mouth and big body"
- Paper and cardboard, junk mail, newspaper
- Aluminum and steel cans and lids
- Check with your local recycler or [Earth 911](#) for other metals
- Ink and toner cartridges
 - [Staples](#) recycles many types of ink and toner and rewards with discounts. You can even arrange for pick up.
- E-waste, or electronic waste
 - This includes, but is not limited to, all-in-one computers, digital cameras, phones and scanners.
 - [Staples](#) recycles many types of e-waste free of charge.
- Batteries
 - Some batteries can be recycled; others cannot. Know the difference and dispose of them accordingly.
 - Alkaline – landfill (ex. AA, AAA)
 - Lead-acid – [find a local battery recycler](#)
 - Rechargeable batteries – [Call2Recycle](#)
- For other things you may wish to recycle, research [TerraCycle](#). They recycle several miscellaneous items (i.e. cigarette butts, toothpaste containers, CapriSun pouches, chip bags, etc.).

Continued on the back.

Energy Usage

1. Turn off lights when you're not using them.

It saves money, resources and CO₂ emissions.

2. Energy Star/energy efficient products

Do your research ahead of time. Look for and purchase items with Energy Star/energy efficient labels. These products typically have a higher up-front cost, but will save you money in the long term.

3. Turn off/unplug electronic devices from outlets

Even when turned off, devices may still use electricity.

4. Thermostats

Set thermostat a few degrees higher in the summer and a few degrees lower in the winter.

5. Walk or Ride Your Bike

It saves money, reduces carbon emissions and both are a great form of exercise.

6. Carpool/Use Public Transportation

Both forms of transportation can save you money while reducing carbon emissions.

7. Lawn Care

Cut grass in the early morning or at night to avoid smog-contributing emissions. And higher grass height requires less maintenance and watering.

8. Find more information at [Energy.gov](https://www.energy.gov).

Be mindful of food you eat

1. Meat products require a lot of water.

It takes 660 gallons of water to produce a 1/3 pound burger. Have a "no meat" day once or twice a week – like a Meatless Monday.

2. Buy locally grown foods.

3. Shop your local farmers market.

Food farmed and raised locally has fewer "food miles" (how far the food travels to get to your plate).

4. Buy organically grown foods

It preserves ecosystems by reducing pesticide use.

Water

1. In the Bathroom

Turn faucet off while brushing your teeth or washing your hands. When showering, turn the water off to lather and back on to rinse off.

2. In the Kitchen

Most dishwashers will be more efficient than hand washing. If you can use less than four gallons of water to wash your dishes by hand, then do so.

3. Exterior Use

- Water plants when you do not expect it to rain soon.
- Water plants in the morning to avoid unwanted evaporation.
- Choose plants that are more resistant to drought.