

## Green Today for a Greener Tomorrow

Save energy to save money.

- Set your thermostat a few degrees lower in the winter and a few degrees higher in the summer to save on heating and cooling costs.
- Install compact fluorescent light bulbs (CFLs) when your older incandescent bulbs burn out.
- Unplug appliances when you're not using them. Or, use a "smart" power strip that senses when appliances are off and cuts "phantom" or "vampire" energy use.
- Wash clothes in cold water whenever possible. As much as 85 percent of the energy used to machine wash clothes goes to heating the water.
- Use a drying rack or clothesline to save the energy.

Save water to save money.

- Take shorter showers to reduce water use. This will lower your water and heating bills too.
- Install a low-flow showerhead. They don't cost much, and the water and energy savings can quickly pay back your investment.
- Make sure you have a faucet aerator on each faucet. These inexpensive appliances conserve heat and water, while keeping water pressure high.
- Plant drought-tolerant native plants in your garden. Many plants need minimal watering. Find out which occur naturally in your area.

Eat smart.

- If you eat meat, add one meatless meal a week. Meat costs a lot at the store-and it's even more expensive when you consider the related environmental and health costs.
- Buy locally raised, humane, and organic meat, eggs, and dairy whenever you can. Purchasing from local farmers keeps money in the local economy.

Skip the bottled water.

- Use a water filter to purify tap water instead of buying bottled water. Not only is bottled water expensive, but it generates large amounts of container waste.
- Bring a reusable water bottle, preferably aluminum rather than plastic, with you when traveling or at work.

Borrow instead of buying.

- Borrow from libraries instead of buying personal books and movies. This saves money, not to mention the ink and paper that goes into printing new books.
- Share power tools and other appliances. Get to know your neighbors while cutting down on the number of things cluttering your closet or garage.

Buy smart.

- Buy in bulk. Purchasing food from bulk bins can save money and packaging.
- Wear clothes that don't need to be dry-cleaned. This saves money and cuts down on toxic chemical use.
- Invest in high-quality, long-lasting products. You might pay more now, but you'll be happy when you don't have to replace items as frequently (and this means less waste!).

Keep electronics out of the trash.

- Keep your cell phones, computers, and other electronics as long as possible.
- Donate or recycle them responsibly when the time comes. E-waste contains mercury and other toxics and is a growing environmental problem.
- Recycle your cell phone.

**Adapted from "Worldwide Institute: Vision for a Sustainable World"**