



**PAINLESS SUGGESTIONS TO SAVE OUR PLANET**

1. Look for and purchase pro-environmental products and services (like your architect!).
2. Recycle cans, glass, paper, and plastic.
3. Turn off lights and appliances when not in use.
4. Turn off the water while brushing your teeth or shaving and take showers instead of baths.
5. Do only full loads in your washer and dishwasher.
6. Add insulation, weather stripping, and storm windows to your house.
7. Use Seventh Generation products in your home & office: environmentally friendly non-toxic household cleaners, laundry & dish products; 100% recycled, non-chlorine bleached bathroom & facial tissues, paper towels & napkins; plus recycled plastic trash bags & full-spectrum light bulbs.  
>> [www.seventhgen.com](http://www.seventhgen.com)
8. Change your long distance carrier to Working Assets Long Distance (WALD). Working Assets makes it easy for busy people to support causes they care about. Through their sales, customers can generate donations for progressive nonprofit groups just by doing what they do every day. Best of all, it does not cost a penny more.  
>> [www.wald.com](http://www.wald.com)
9. Use a canvas bag when you shop at the supermarket. Every paper bag you don't take saves trees and 3 hours of equivalent electricity. Every plastic bag you don't use stops the eventual pollution of your ground water. Plastic bags are not biodegradable (even if they say they are). The ink is made up of cadmium, which is highly toxic when it is released. Supermarkets use paper that has never been recycled before and they always say "recyclable" not "recycled".
10. Wear a sweater instead of heating your entire house. Wear warmer clothing while you are lounging around the house.
11. Drive efficiently. Driving efficiently can save ten percent or more on fuel costs alone even if you don't reduce the number of miles you drive. If you drive less, you save even more. Telecommute, carpool, or use public transportation whenever possible. Reduce trips by combining errands, better planning, using lists, and maybe going with a neighbor. Keep your car maintained and tires properly inflated.
12. Buy products that are recycled or have recycled contents. Reuse whatever you can, including aluminum pie tins, glassware, plastic cutlery and aluminum foil. Pre-cycle: buy products with recyclable packaging.
13. Use natural inks in your printers and fax machines.  
>>[www.pneac.org/listserv/printech/e-general.html](http://www.pneac.org/listserv/printech/e-general.html)
14. Stop Junk Mail. The junk mail Americans receive in just one day could produce enough energy to heat a quarter of a million homes! If you saved up all the unwanted junk mail for one year, you would have the equivalent to one and a half trees, which would add up to 100 million trees every year in just the U.S.



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To help stop junk mail, write to:

*Mail Preference Service  
Direct Marketing Association  
11 West 42nd Street  
PO Box 3861  
New York, NY 10163-3861*

Recycle the rest of the junk mail you receive.

15. Change your Kitchen Habits. Use reusable containers for food storage instead of wrapping food in foil or plastic wrap. You can also use unbleached coffee filters, which does not produce the deadly toxin dioxin in its manufacturing. Use rags to wipe up spills instead of paper towels, and use biodegradable wax paper and bags.
16. Check your hot water heater. Hot water heaters account for about 20% of all the energy used in your home. Turn your water heater down to 120 degrees to save energy. Also, insulate your heater with a pre-fab 'blanket,' but be careful not to block off air vents on gas heaters. This can save you 7-8% of your energy usage. You can also drain 2 quarts (or 2 liters) of water from your hot water heater every 2 months from the valve at the bottom of the tank. This prevents accumulation of sediment and prolongs the life of your water heater.
17. Recharge Your Batteries. Batteries contain heavy metals, such as mercury and cadmium, which are a major source of contamination in dump sites. Use rechargeable batteries. Recycle alkaline batteries.
18. Never release helium balloons into the air. Fallen balloons cause the death for countless numbers of sea turtles and whales. Metallic balloons cause power outages when they get caught in power lines.
19. Use cloth diapers. Americans trash over 18 billion disposable diapers a year, taking up 1% of America's landfills and over 500 years to decompose. Cotton diapers can be reused 100 times and decompose in 1 to 6 months. Disposable diapers consume 1,265,000 metric tons of wood pulp and 75,000 metric tons of plastic. Millions of tons of dirty diapers wind up in our "sanitary" landfills.
20. Do not dump oil, grease, antifreeze, pesticides, fertilizers, paints, cleaners, and other toxic household products down the storm drain. These drains are not treated by the sewage treatment plant: they go straight into our rivers, lakes, and oceans.
21. Buy in bulk. This saves on packaging and reduces the amount of waste.
22. Shop for durable, long-lasting products. For example, use a metal razor instead of a disposable.
23. Use Fluorescent Lighting. Lighting results in 1/5 of the electricity consumed by the U.S. Using a fluorescent light bulb is much more efficient than an incandescent bulb. They last longer and use 1/4 the amount of energy. Even though fluorescent lights are more expensive (around \$15) it will take 13 traditional bulbs to last for the same amount of time. While the fluorescent light will cost you \$10 in electricity during its lifetime, incandescents use up \$40 in the same time period. By installing a single fluorescent light bulb in 100 million households in America, you would save the energy equivalent of all of the energy that is generated by a nuclear power plant running full time, over the course of one year.