

100 ways to save the Earth



Clean or replace air filters on your air conditioning unit at least once a month. ,



If you have central air conditioning, do not close vents in unused rooms



*Lower the thermostat on
your water heater*



*Wrap your water
heater in an insulated
blanket*



Turn down or shut off your water heater when you are away for extended periods



If you have central air conditioning, do not close vents in unused rooms



Turn off unneeded lights even
when leaving a room for a
short time.



*Set your refrigerator
temperature at 36° to 38° and
your freezer at 0° to 5°*



*When using an oven,
minimize door opening while
it is in use; it reduces oven
temperature every time you
open the door*



Clean the lint filter in
your dryer after every
load so that it uses less
energy.



*Unplug seldom used
appliances*



*Use a microwave whenever
you can instead of a
conventional oven or stove.*



Wash clothes with
warm or cold water
instead of hot.



Turn off lights,
computers and other
appliances when not in
use



Purchase appliances and office equipment with the Energy Star label; old refrigerators, for example, use up to 50% more electricity than newer models



*Only use electric
appliances when you
need them*



*Use compact fluorescent light
bulbs to save money and
energy*



*Insulate your home as best as
you can*



*Install weather stripping
around all
doors and windows*



*Shut off electrical equipment
in the
evening when you leave work*



*Plant trees to shade your
home*



*Replace old windows with
energy
efficient ones*



Use cold water instead of
warm or hot
water when possible



Buy green electricity -
electricity produced by low -
or even zero-pollution
facilities



Eliminate mercury from your home by purchasing items without mercury, and dispose of items containing mercury at an appropriate dropoff facility when necessary (e.g., old thermometers)



Learn about
alternatives to
household cleaning
items that do not use
hazardous chemicals



Review labels of household cleaners you use. Consider alternatives like baking soda, scouring pads, water or a little more elbow grease



When no good alternatives exist to a toxic item, find the least amount required for an effective, sanitary result



If you have an older home, have paint in your home tested for lead. If you have lead-based paint, cover it with wall paper or other material instead of sanding it or burning it off



Use traps instead of rat
and mouse poisons and
insect killers



Use cedar chips or aromatic herbs instead of mothballs



*Avoid using leaf blowers and
other dust-producing
equipment*



Use an electric lawn-
mower instead of a gas-
powered one



Leave grass clippings on
the yard—they
decompose and return
nutrients to the soil



Use recycled wood chips
as mulch to keep weeds
down, retain moisture
and prevent erosion



*Create a wildlife habitat in
your yard*



*Water grass early in the
morning*



Rent or borrow items like ladders, chain saws, party decorations and others that are seldom used



Take actions that use
non hazardous
components (e.g., to
ward off pests, plant
marigolds in a garden
instead of using
pesticide)



Put leaves in a compost heap instead of burning them or throwing them away. Yard debris too large for your compost bin should be taken to a yard-debris recycler



*Copy and print on both sides
of paper*



*Reuse items like envelopes,
folders and paper clips*



Use recycled paper



*Use discarded paper for scrap
paper*



Encourage your school
and/or company to
print documents with
soy-based inks, which
are less toxic



*Use a ceramic coffee mug
instead of a disposable cup*



*Ask your employer to consider
flexible work schedules or
telecommuting*



Recycle printer cartridges



Don't use your wood stove or
fireplace when air quality is
poor



*Avoid slow-burning,
smoldering fires. They
produce the largest amount of
pollution*



*Burn seasoned wood - it
burns cleaner than green
wood*



*Use solar power for
home and water heating*



Use low-VOC or water-based paints, stains, finishes and paint strippers



*Paint with brushes or rollers
instead of using spray paints
to minimize harmful emissions*



*If you use a wood stove,
use one sold after 1990.
They are required to meet
federal emissions standards
and are more efficient and
cleaner burning*



*Walk or ride your bike
instead of driving,
whenever possible*



*Join a carpool or vanpool to
get to work*



*Check and fix any
water leaks*



*Install water-saving
devices on your faucets
and toilets*



*Don't wash dishes with
the water running
continuously*



*Follow your community's
water use restrictions or
guidelines*



*Install a low-flow shower
head*



*Replace old toilets with new
ones that
use a lot less water*



Turn off washing machine's
water supply to prevent leaks



*Revegetate or mulch
disturbed soil as
soon as possible*



*Never dump anything down
a storm drain*



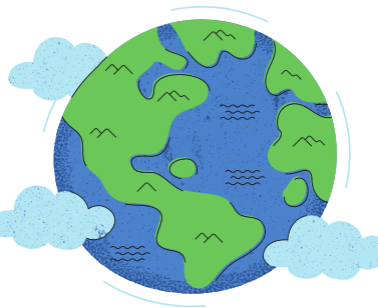
*Take short showers instead of
long baths*



Close the tap when you brush
your teeth



Buy items in bulk
from loose bins
when possible to reduce the
packaging wasted



*Avoid products with
several layers of packaging
when only one is sufficient.
About 33% of what we
throw away is packaging.*



Buy products that you can
reuse



*Maintain and repair durable
products instead of buying
new ones*



*Check reports for products
that are easily repaired
and have low breakdown
rates*



*Reuse items like bags
and containers
when possible*



Use cloth napkins instead of
paper ones



Use reusable plates and
utensils instead of
disposable ones



Use reusable containers to
store food instead of
aluminium foil and cling
wrap



*Shop with a canvas bag
instead of using paper
and plastic bags*



Buy rechargeable
batteries for devices used
frequently



Reuse packaging cartons
and shipping materials.
Old newspapers make great
packaging material



*Compost your vegetable
scraps*



Buy used furniture -
there is a surplus of it,
and it is much cheaper
than new furniture



*Look for sustainable local
fashion brands.*



*Buy fewer clothes but choose
a better quality - don't fall
for fast fashion*



*Make gifts for family and
friends - use the materials
you have at home*



Grow your own fruit ,
vegetables and herbs. If you
don't have a garden, you can
do it on a balcony



*Choose a train or bus instead
of a plane whenever it is
possible*



*Take short showers instead of
long baths*



*While shopping choose food
that is locally produced*



*Use a bamboo toothbrush
instead of a plastic one*



*Learn how to make your own
cosmetics for everyday use*



*Choose glass bottles instead of
plastic ones, whenever it is
possible*



*At the end of a school year
don't throw away your
notebooks, use them next year*



*Check the eat-by date of
product before you buy them*



*Wrap your sandwiches in
paper not foil*



*Drink tap water instead of
bottled water*



*Sell or give your clothes away
if you don't wear them any
more*



Share your things with
friends - if you have too
many gadgets and you don't
need them, offer them to
someone



*Don't throw garbage in the
fields or forests – this is our
home too*



*Be respectful of all the living
things*

