



## 24 Ways to Go Green

### 1. Tote your own grocery bag

Paper or plastic? Neither! If you're shopping for a small load, bring along a tote.

### 2. Pay attention to packaging

Every American produces about four and a half pounds of garbage a day. Before you buy something, eyeball the amount of materials used for the box or wrapping.

### 3. Recycle rechargeables

In certain states it's illegal to throw batteries away. Wherever you live, you can find a nearby store that will recycle them for you.

### 4. Adjust fridge and freezer temps

Maximize efficiency by keeping the fridge at 37°F and the freezer at 0°F.

### 5. Dress in eco-chic clothing

There are now clothing items made of sasawashi (a Japanese leaf), along with bamboo, soya, and other exotic self-sustaining plants.

### 6. Wash with Mother Nature

Look for organic soaps, shampoos, and packaging that is made from recycled material.

### 7. Become a flexitarian

Swap out one meat dish a week for a veggie plate. Why? Because raising produce is "cheaper," in terms of energy, than raising animals.

### 8. Get the organic habit

Switch to organic for at least one product that you buy every week.

### 9. Put it in park

Avoid drive-thru windows, especially if there are long lines.

### 10. Buy soft drinks in a cup

Whenever possible, buy soda from a fountain in a paper cup instead of in a can or plastic bottle.

### 11. Double up on printing

Configure your printer so that it prints on both sides of the page.

### 12. Download music

Download tunes instead of purchasing them at the store. Each month, more than 45 tons of CDs become obsolete, outdated, or unwanted and end up in landfills.

### 13. Go native

Plant flowers and shrubs that are well suited to your climate. The benefit: You'll use less fertilizer and pesticides.

### 14. Turn off the lights

When leaving the office or classroom, a simple flip of a switch conserves energy. Use daylight to your advantage by sitting near a window.

### 15. Use electronic communications

Whether it's a 100-page thesis or a 10-page policy statement distributed to 10 employees, sending electronically saves trees and the cost of paper as well as copying, collation and distribution.

### 16. Power down your computer

The "sleep mode" reduces energy use by 60 percent to 70 percent. As for turning computers on and off, despite a popular misconception, this won't harm the equipment.

### 17. Pack a waste-free lunch

Eliminate plastic bags, plastic utensils, disposable containers, paper napkins and those brown bags. Instead use a lunch box, reusable drink container, cloth napkin and silverware.

### 18. Use recycled paper

Compared to other paper, it takes a lot less energy and water to make.

### 19. Use refillable pens

Pen refills cost as little as \$1 each, which is almost the same as a new disposable pen.

### 20. Commute smart

That means walking or biking to work or the classroom if practical, or the ever-promoted public transportation option. Car and van pools are possibilities, too.

### 21. Unplug cell phone chargers

Only 5% of the power a cell phone charger uses actually works to perform the charge.

### 22. Use digital cameras

Some 686 million rolls of film are processed each year and the solutions used to make prints often contain hazardous chemicals that require special treatment and disposal.

### 23. Read online media

Many publications have online versions that include much or all of the content found in print.

### 24. Send e-cards

They're better and cheaper than traditional print ones.

