



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 Each month, more than 45 tons of CDs become obsolete, outdated, or unwanted and end up in landfills.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.

