

# 10 STEPS TO LIVING THE GREEN LIFE

Please join our efforts for the Earth by saving energy and reducing greenhouse gas emissions in your own life. Follow these tips, and start living the green life today.



## 1. Get on Your Bike!

For every mile you ride your bike instead of driving a car, you avoid the production of about one pound of carbon dioxide.



## 2. Save Water with Powder Detergents

Switch from liquid detergents to powders. Laundry liquids are approximately 80% water, and it costs energy and packaging to bring this water to the consumer.



## 3. Save a Tree, or Two or Three

Get tough on tissues. If every household in the U.S. replaced one box of 85-sheet virgin fiber facial tissues with 100% recycled ones, we could save 87,700 trees, 226,500 cubic feet of landfill space (equal to 330 full garbage trucks), 31 million gallons of water (annual supply for 240 families of four) and avoid 5,300 pounds of pollution! Buy only recycled paper products for your office, bathroom and kitchen.



## 4. Check Your Water Heater

Keep your water heater thermostat no higher than 120°F. Save 550 pounds of carbon dioxide and \$30 per year. Talk to your building or condo manager to upgrade the efficiency of the boiler in your building to magnify the savings.



## 5. Change Your Light Bulbs

Replace three frequently used light bulbs with compact fluorescent bulbs. This will save approximately 300 pounds of carbon dioxide and \$60 per year.



## 6. Muscle Mow Your Lawn

Mowing for an hour with a gasoline-powered lawn mower can produce as much air pollution as a 350-mile drive in a car. Consider this alternative which emits nothing other than clippings (and burns calories, too): push a lightweight reel mower.



## 7. Change Your Thermostat

Conserve fuel by turning down the heat at night and while you are away from home — or install a programmable thermostat. Setting the airconditioning thermostat in your building to 76°F in the summer will dramatically reduce your electricity bill, and you'll do your bit to save energy and the environment.



## 8. Reduce Garbage

Buy products with less packaging and recycle paper, plastic and glass. You can save around 1,000 lbs. of carbon dioxide per year by reducing, reusing and recycling.



## 9. Use Recycled Paper

According to the EPA, from Thanksgiving to New Year's Day, household waste increases by more than 25% due to holiday gift-giving. When wrapping gifts, remember to recycle and reuse. Also whenever possible use 100% post-consumer recycled paper when printing, and save approximately 5 pounds of carbon dioxide per ream of paper.



## 10. Fill Your Dishwasher

Run your dishwasher only with a full load. Save approximately 100 lbs. of carbon dioxide and \$40 per year. Set it to eco-mode to save even more energy and water.