## SAVING THE ENVIRONMENT

## Everywhere

* Know that you can make a difference for the better
* Reduce your consumption of resources
* Reuse items
* Recycle items, especially paper, glass and metal (try to throw away as little as feasible)
* Repair items instead of replacing them
* Pick up litter and recycle or dispose of it properly
* Cut up plastic six-pack rings before recycling or disposing of them
* Support environmentally-conscious businesses
* Avoid having too many children

## Community

* Get to know your neighbors so you can help each other, e.g., car pool, buy in bulk, lend/borrow items
* Communicate your concerns about the environment to elected officials
* Vote for, volunteer for, and/or, contribute to environmentally-sensitive candidates and elected officials
* Support more funding for public transit
* Join, and/or volunteer for, environmental community groups
* Subscribe to local environmental email list(s)
* Organize programs to encourage and help others do items in this checklist
* Share your Earth Day action to your local and global community by registering it with your favorite environmental or community service organization, or at Earth Day Network (earthday.org)

## Food

* Reduce your consumption of meat and dairy, or, become a vegetarian or vegan – producing meat is a very significant contributor to climate change due to livestock releasing methane and forests being cleared to grow grain to feed livestock (it takes about 20 pounds of grain to produce one pound of edible beef)
* Buy/consume foods which are grown locally and/or certified organic
* Use a lid when boiling water, etc. – to reduce energy used

## Home

### (and, in some cases, at work)

* Put a brick or weighted plastic jug in your toilet tank
* Don’t flush the toilet every time when practical
* Turn your water heater down (e.g., to 120 degrees F)
* Reduce use of heating (put on more clothes, turn down thermostat before going to bed)
* Reduce use of air conditioning (open windows, close blinds and curtains, use a fan)
* Turn off lights, appliances, etc. when not in use
* Unplug appliances which constantly consume electricity
* Don’t leave the water running when you’re not actually using it, e.g., while brushing teeth, shaving, rinsing dishes
* Don’t pre-rinse dishes before loading in dishwasher
* Operate the dishwasher only when full
* Take showers instead of baths
* Turn off the water during showers while you’re soaping or shampooing
* Limit the time you spend in the shower and take fewer showers
* Install low-flow shower heads and faucets
* Fix leaking faucets
* Check for leaking toilets by adding a few drops of food coloring to the water in the tank and see if it appears in the bowl
* Wear clothing items more than once before washing them when feasible (set up a place to put clothes already worn but not needing to be washed yet)
* Do only full loads of laundry and use the shortest cycle feasible
* Hand wash clothes (except suits) instead of having them dry-cleaned
* Use sponges, rags and cloth towels instead of paper towels when feasible
* Air dry clothes when feasible
* Replace incandescent light bulbs (especially those you use the most) with compact fluorescent bulbs
* Ensure there’s adequate weather-stripping or caulking on doorways and windows
* Wrap your water heater with an insulation jacket
* Request a free energy audit from your utility company
* Request a free water conservation survey from your water company
* Have your house converted to use solar energy
* Reduce junk mail (ask to be removed from mailing lists)
* Cancel subscriptions you don’t need
* Repair instead of replacing items when feasible
* Set up place(s) to put recyclable items
* Take hazardous materials (paints, cleaners, etc.) to approved sites for proper disposal
* Use plants (e.g., native, naturally drought-resistant) which don’t require a lot of water
* Reduce the amount of grass which requires watering in your yards
* Avoid using pesticides/chemicals in your yards
* Don’t water the lawn when the sun is at its peak
* Don’t overwater your lawn and plants
* Start a compost pile for yard waste and some food scraps
* Plant trees, especially where they’ll provide shade for your house
* Let grass grow long where feasible
* Use a lawn mower with a mulcher
* Clean driveways, etc. with a broom, not a hose
* Use Solar Lamps for lightning in the garden / yard at night time.
* Work out of your home as much as feasible (e.g., telecommute, go to workplace for fewer days but longer hours)
* Live/work in the smallest building/space feasible and/or rent out extra rooms

**Appliances**

* Installing a clothesline will significantly reduce one's energy consumption as their dryer will be used less.
* Buy energy efficient refrigerators, For ex, Modern refrigerators use 40 percent less energy than conventional models did in 2001
* Modern appliances, such as, freezers, ovens, stoves, dishwashers, and clothes washers and dryers, use significantly less energy than older appliances
* Look for green computing initiatives in the area to reduce the environmental effect of IT operations.

## Shopping

* Take your own bags (e.g., cloth) to the store
* Buy used items when feasible
* Reduce purchases of disposable products (e.g., paper towels, cups, batteries, razors)
* Avoid buying items with excessive packaging and packaging which cannot be recycled
* Buy only items you’re sure you’ll use
* Buy items in bulk
* Buy concentrated products
* Buy items, especially paper products, with “post-consumer” recycled content when feasible
* Buy energy-efficient appliances
* Buy plug-in, instead of battery-powered, appliances
* Buy clothes which contain organic cotton, hemp, recycled PET plastic and/or unbleached and non-toxic dyes
* Avoid buying products made from tropical hardwoods or old growth trees
* Avoid using the store’s bags

**Building design**

* Use Window Insulation Film to reduce heat transfer inside the house during hot days
* Use double-pane Windows for reduction in escape of cooling during summer and heating during winter
* Wall sheltering, where shrubbery or vines are used to create a windbreak directly against a wall.
* Site lighting with full cut off fixtures, light level sensors, and high efficiency fixtures
* A deep energy retrofit is a whole-building analysis and construction process that uses to achieve much larger energy savings than conventional energy retrofits

## Transportation

* Walk, ride a bike, use public transit or car pool instead of driving when feasible
* Plan ahead to combine trips
* Use your most efficient vehicle when feasible
* Keep your vehicle in good operating condition (tuned up, emissions system checked, tires properly inflated) or buy a new fuel-efficient vehicle
* Avoid quick starts
* Drive slower
* Avoid idling your vehicle for long periods
* Wash your car at a car wash or with water from a bucket (vice a hose)

**Industry**

* Advanced boilers and furnaces can operate at higher temperatures while burning less fuel. These technologies are more efficient and produce fewer pollutants.
* Use a variable speed drive which allows the motor’s energy output to match the required load instead of Electric motor which usually run at a constant speed.
* Optimizing compressed air systems by installing variable speed drives, along with preventive maintenance to detect and fix air leaks, can improve energy efficiency 20 to 50 percent
* Various industries generate steam and electricity for subsequent use within their facilities. When electricity is generated, the heat that is produced as a by-product can be captured and used for process steam, heating or other industrial purposes. Conventional electricity generation is about 30% efficient, whereas combined heat and power (also called co-generation) converts up to 90 percent of the fuel into usable energy