



One Hundred Things you can do to Protect the Environment!

In Your Home – Conserve Energy

1. Clean or replace air filters on your air conditioning unit at least once a month.
2. If you have central air conditioning, do not close vents in unused rooms.
3. Lower the thermostat on your water heater to 120.
4. Wrap your water heater in an insulated blanket.
5. Turn down or shut off your water heater when you will be away for extended periods.
6. Turn off unneeded lights, even when leaving a room for a short time.
7. Set your refrigerator temperature between 36 and 38 degrees, and set your freezer between zero and 5 degrees.
8. When using an oven, minimize opening the door while it is in use. The oven temperature drops by 25 to 30 degrees every time you open the door.
9. Clean the lint filter in your dryer after every load so that it uses less energy.
10. Unplug seldom-used appliances.
11. Use a microwave whenever you can instead of a conventional oven or stove.
12. Wash clothes with warm or cold water instead of hot water.
13. Reverse your indoor ceiling fans for summer and winter operations as recommended.
14. Turn off lights, computers and other appliances when not in use.
15. Purchase appliances and office equipment with the ENERGY STAR® label. Old refrigerators, for example, use up to 50 percent more electricity than newer models.
16. Only use electric appliances when you need them.
17. Use compact fluorescent light bulbs to save money and energy.
18. Keep your thermostat at 68 in winter and 78 in summer.
19. Keep your thermostat higher in summer and lower in winter when you are away.
20. Insulate your home as best as you can.
21. Install weather stripping around all doors and windows.
22. Shut off electrical equipment in the evening when you leave work.
23. Plant trees to shade your home.
24. Shade outside air conditioning units by trees or other means.
25. Replace old windows with energy-efficient windows.
26. Use cold water instead of warm or hot water when possible.
27. Connect your outdoor lights to a timer.
28. Buy green electricity – electricity produced by low- or even zero-pollution facilities.

In Your Home – Reduce Toxicity

29. Eliminate mercury from your home by purchasing items without mercury. Dispose of items containing mercury, such as old thermometers, at an appropriate drop-off facility.
30. Learn about alternatives to household cleaning items that do not use hazardous chemicals.
31. Buy the right amount of paint for the job.
32. Review labels of household cleaners you use. Consider alternatives like baking soda, scouring pads, water or use a little more elbow grease.
33. If you have an older home, have the paint tested for lead. If you have lead-based paint, cover it with wallpaper or other materials instead of sanding it or burning it off.
34. Use traps instead of rat and mouse poisons and insect killers.
35. Have your home tested for radon.
36. Use cedar chips or aromatic herbs instead of mothballs.



In Your Yard

37. Avoid using leaf blowers and other dust-producing equipment.
38. Use an electric lawn mower instead of a gas-powered lawn mower.
39. Leave grass clippings on the yard. They decompose and return nutrients to the soil.
40. Use recycled wood chips as mulch to keep weeds down, retain moisture and prevent erosion.
41. Use only the required amount of fertilizer.
42. Minimize pesticide use.
43. Create a wildlife habitat in your yard.
44. Water grass early in the morning.
45. Rent or borrow seldom-used items, such as ladders, chainsaws and party decorations.
46. Use nonhazardous components. For example, to ward off pests, plant marigolds in a garden instead of using pesticide.
47. 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 recycler.

In Your Office

48. Copy and print on both sides of paper.
49. Reuse items such as envelopes, folders and paper clips.
50. Use mailer sheets for interoffice mail instead of an envelope.
51. Set up a bulletin board for memos instead of sending a copy to each employee.
52. Use e-mail instead of paper correspondence.
53. Use recycled paper.
54. Use discarded paper for scrap paper.
55. Print documents using soy-based inks, which are less toxic.
56. Use a ceramic coffee mug instead of a disposable cup.
57. Ask your employer to consider flexible work schedules or telecommuting.
58. Recycle printer cartridges.
59. Shut off electrical equipment in the evening when you leave work.

Ways to Protect Our Air

60. Report smoking vehicles to your local air agency.
61. Don't use your wood stove or fireplace when air quality is poor.
62. Avoid slow-burning, smoldering fires. They produce the largest amount of pollution.
63. Burn seasoned wood - it burns cleaner than green wood.
64. Use solar power for home and water heating.
65. Use low-VOC or water-based paints, stains, finishes and paint strippers.
66. Purchase radial tires and keep them properly inflated for your vehicle.
67. Paint with brushes or rollers instead of using spray paints to minimize harmful emissions.
68. Ignite charcoal barbecues with an electric probe or other alternative to lighter fluid.
69. 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.
70. Walk or ride your bike instead of driving whenever possible.
71. Join a carpool or vanpool to get to work.



Ways to use Less Water

72. Check and fix any water leaks.
73. Install water-saving devices on your faucets and toilets.
74. Don't wash dishes with the water running continuously.
75. Wash and dry only full loads of laundry and dishes.
76. Follow your community's water-use restrictions or guidelines.
77. Install a low-flow shower head.
78. Replace old toilets with new ones that use less water.
79. Turn off your washing machine's water supply to prevent leaks.

Ways to Protect Our Water

80. Re-vegetate or mulch disturbed soil as soon as possible.
81. Never dump anything down a storm drain.
82. Have your septic tank pumped and system inspected regularly.
83. Check your car for oil or other leaks, and recycle motor oil.
84. Take your car to a car wash instead of washing it in the driveway.
85. Learn about your watershed: the land around you that catches rain and drains into a marsh, creek or river.

Create Less Trash

86. Buy items in bulk from loose bins when possible to reduce wasted packaging.
87. Avoid products with several layers of packaging when only one is sufficient. About 33 percent of what we throw away is packaging.
88. Sign up to receive electronic versions of statements, newsletters and magazines.
89. Buy products that you can reuse.
90. Maintain and repair durable products instead of buying new ones.
91. Check reports for products that are easily repaired and have low breakdown rates.
92. Reuse items like bags and containers when possible.
93. Use cloth napkins instead of paper ones.
94. Use reusable plates and utensils instead of disposable ones.
95. Use reusable containers to store food instead of aluminum foil and cling wrap.
96. Shop with a canvas bag instead of using paper or plastic bags.
97. Buy rechargeable batteries for devices used frequently.
98. Reuse packaging cartons and shipping materials. Old newspapers make great packaging material.
99. Compost your vegetable scraps.
100. Buy used furniture - there is a surplus of it, and it is much cheaper than new furniture.