

# 10 STEPS TO LIVING THE GREEN LIFE

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

## TIP #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.

## TIP #2 Save Water with Powder Detergents

Switch from liquid detergents to powders. Laundry liquids are mostly water (approx. 80%). It costs energy and packaging to bring this water to the consumer.

## TIP #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.

## TIP #4 Check Your Water Heater

Keep your water heater thermostat no higher than 120°F. Save 550 lbs. 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. Replace your hot water heater with a tankless water heater or water pump, if you can afford it. If not, wrap the heater with an insulating blanket to conserve energy.

## TIP #5 Change Your Light Bulbs

Replace 3 frequently used light bulbs with compact fluorescent bulbs in your light fixtures to save on energy while lighting your home. This will save approximately 300 lbs. of carbon dioxide and \$60 per year.

## TIP #6 Reduce Your Waste

Part of green living is, of course is recycling; sometimes, though, reusing items can be just as effective as recycling. Don't throw away old books; donate them to the libraries or school programs. Bring your own coffee cup or water bottle to work to avoid buying Styrofoam or paper cups and throwing them away every day. Use rechargeable batteries to reduce hazardous waste from dead batteries.

## TIP #7 Change Your Thermostat

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

## TIP #8 Treat Your Body to Green Living

Buy organic meats, produce, dairy products and eggs and reduce the number or pesticides and genetically modified food that you eat. Buy beauty products that are all-natural, made with artificial fragrances and chemicals. Buy clothes made with natural fibers, such as cotton, hemp and wool, and made with all-natural dyes. This will help the environment by avoiding cloth that required a lot of energy and waste to produce.

## TIP #9 Use Recycled Paper

According to the EPA, from Thanksgiving to New Year's Day, household waste increases by more than 25 percent 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 5lbs. of carbon dioxide per ream of paper.

## TIP #10 Fill Your Dishwasher

Run your dishwasher only with a full load. Save approximately 100 lbs. of carbon dioxide and \$40 per year. Why not set it to eco-mode to save even more energy and water?



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