

Simple Changes Make Cents

Reduce, Reuse, Recycle, Rethink

Buy products with little or no packaging
Shop at thrift stores, gently used clothing stores, yard sales
Donate unwanted items rather than throwing them away
Learn to use your recycle bin to its full potential
Think about the effect on the environment before you buy and before you toss

Energy

Turn things off – lights, appliances, TV's, computers
Turn your thermostat up 1° F. in summer or down 1° F. in winter (or more) – save 3 - 5%
Use voice mail instead of your answering machine (one less electronic)
Wash in cold water and save up to 90% compared to hot water washing
Open the blinds to let the sun heat your home in winter, close them to keep sun out in summer
Use smaller items that draw less power

More

Install compact fluorescent light bulbs especially where they are left on
Weather strip and caulk, install outlet insulators, insulating foam and door sweeps
Seal the duct work with mastic or foil-backed tape
Use fans instead of air conditioning

Water

Check your house for leaks and fix those leaks
Take a five minute shower instead of a bath
Set your water heater thermostat to so that water at the faucet is 120° F.
Turn off the water while brushing your teeth
Install low flow shower heads

Compost

Create a compost pile in your backyard
Build a worm compost bin for your kitchen
Put all plant materials in the compost instead of the trash

Chemical Use

Research environmentally friendly alternatives to household chemicals
Pull weeds instead of spraying
Reduce or eliminate use of anti-bacterial products

Transportation

Buy a tire gauge and use it periodically or Les Scwhab checks pressure for FREE
Install a clean air filter if yours is dirty
Drive earth smart – light foot on the pedal and combine trips
Turn your engine off when you stop (save gas and the air quality)
If you have more than one vehicle – drive the more fuel-efficient one

Foods

Buy organic when you can – choose a few products that are always organic
Buy locally produced foods whenever possible
Choose foods with less packaging
Grow your own produce
Consider a co-op with friends and neighbors for bulk purchasing

Less Paper Waste

Use fewer napkins – everywhere
Always print double sided copies
Stop junk mail
Stop phone book delivery
Sign up for online statements and bill pay service
Be sure to recycle any unwanted paper

Online References

RETHINK - Reduce, Reuse, Recycle

www.42explore.com/recycle.htm

www.earth911.org/

www.cityofboise.org/public_works

Energy

www.idahopower.com/energycenter

www.energystar.gov

www.aceee.org

www.smartenergyliving.org

www.doe.gov

www.energy.idaho.gov

www.ases.org (solar)

Water

www.unitedwater.com

www.savingwater.org

www.landscape-america.com

www.waterconservation.ifas.ufl.edu/trivia.htm

www.wateruseitwisely.com

Compost

www.cityofboise.org/public_works

www.vegweb.com/composting/

Chemical Use

www.kidsorganics.com/Alternatives%20to%20Toxins.htm

Transportation

www.itd.idaho.gov

www.dot.gov

www.fueleconomy.gov

www.walking.about.com

www.bicyclecommuter.com

Foods

www.worldwatch.org/node/4132

www.relocalize.net/idahos_bounty_open_order_cycle_boise_delivery

Less Paper

www.directmail.com/junk_mail

www.paperlesspetition.org

www.stopjunkmail.org/resident2.htm

At&T/Yellow pages 1-800-792-2665 DEX 1-877-243-8339 Yellowbook 1-800-373-3280

Green vs Greenwash

<http://en.wikipedia.org/wiki/Greenwash>

www.readthegreenbook.com

www.epa.gov/climatechange

www.everything2.com

www.grist.org

www.thegreenguide.com

www.rmi.org

www.renewables.com

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