

31 GREEN Tips and Techniques

1. When you're in the market for a new computer, consider a laptop. It saves space, goes anywhere and uses five times less energy than a desktop model.
2. Instead of sending old rugs to the landfill, check with local animal shelters to see if they can use them. Old towels, blankets and sheets are also appreciated.
3. Buy shade grown coffee. It's grown naturally right under the rain forest canopy, preserving forests from clear-cutting and leaving more trees to absorb CO₂.
4. Start a program where you buy in bulk and share the extras with friends and family. All participants will save money, reduce packaging, and gas costs.
5. Take your own reusable coffee mug each time you get coffee. Think of all the paper cups you'll prevent from ending up in landfills.
6. The power of one: If every US home replaced just one light bulb with an Energy Star bulb, we'd save enough energy to light 3 million homes for a year.
7. Heroes wanted! Volunteer for a local conservation organization. Volunteers really do make a difference. The place you are in needs you today.
8. Washing clothes in cold water eliminates 2 lbs of CO₂ per load. Also, wash clothes less frequently – only when they really need it.
9. Wrap your water heater in an insulated blanket and you'll eliminate 1,000 lbs of CO₂ a year. Eliminate another 550 lbs, by lowering the thermostat to 120°F.
10. During sunny months use a clothesline. Line-drying makes your clothes smell fresh and clean, and can prevent 600lbs. of CO₂ over six months.
11. Unplug all electronic devices when not in use. If you don't unplug them from the wall socket, they will continue using energy even when switched off.
12. Use power strips to conserve. One flick of the switch cuts off energy to several different electronic devices as if they were all unplugged at once.
13. Buy recycled products. By buying recycled, you'll consume 55% less energy for paper products, 33% less energy for glass and 90% less energy for aluminum.
14. Can you figure out how to drive just 20 fewer miles per week this year? If so you'll personally prevent 500 lbs. of CO₂ from polluting the atmosphere.
15. Use a push mower to cut your lawn. Some old two-stroke gas mowers spew as much pollutants as 40 cars. A push mower is clean and helps you keep in shape.
16. Give your car a tune-up. It improves mileage and reduces wear and pollution. Every 100,000 people who get a tune-up this year will eliminate 60 tons of CO₂.

17. Put green plants in your office. Plants cheer the place up, improve air quality, absorb toxic gasses from office equipment and maintain humidity.
18. Landscape with native plants. Native plants typically cost less, use less water, and are easier to care for. Plus, your yard will look right at home.
19. Buy a programmable thermostat. It will automatically adjust the temperature while you're at work. A two degree adjustment can prevent a ton of CO2 a year.
20. Paying bills online saves time, postage and trees. If everyone switches to online banking, we'll cut 1.6 billion tons of waste and 2.1 million tons of CO2 a year.
21. Install rain barrels to collect rainwater from your roof and awnings. Use the rainwater for your garden. Plants love it and you'll conserve water.
22. Wash your car at a commercial car wash instead of at home. A modern car wash uses water and prevents oil and road grime from entering drainage systems.
23. For household cleaning use vinegar, baking soda and biodegradable soap products. They work fine and keep chemicals out of the water supply.
24. Don't let your car idle. If stuck in traffic or the drive-thru lane, turn off your engine. Idling cars spew much of the 1.7 billion tons of annual auto emissions.
25. Reuse cloth grocery bags. Over 500 billion petroleum-based plastic bags threaten wildlife, waste energy, pollute oceans, and clog our landfills each year.
26. Ninety billion pieces of junk mail are delivered each year in the US alone. You can go online now and quickly remove your name from nearly all junk mail lists.
27. Save energy and increase the life of your computer by putting it to sleep during the day instead of using screensavers. At night turn it off completely.
28. Did you boil some corn in a pot or wash some fruit in a bowl? Instead of pouring leftover water down the drain, keep it in a watering can for later use on plants.
29. Plant shade trees for your house. They will help keep your home cool in the hot weather, absorb CO2, look beautiful and invite birds and other wildlife.
30. Drive green. Save 55 gallons of gas a year and prevent 1,200 lbs of CO2 by maintain a steady driving pace and choosing routes with the least idling.
31. For showers and hand-washing, skip the liquid soap in favor of a bar—less packaging, and just as much cleaning power. Choose a mild soap made from organic and fair-trade vegetable ingredients, with no synthetic colors, fragrances, or antibacterial additives.