

Tips for Living Green

Home

Conduct a home energy audit - hes.lbl.gov or fcgov.com/greenbuilding/home/existing_programs.php

Consider buying renewable electricity for your apartment or house from the City of Fort Collins - www.fcgov.com/conservation/green-energy.php

Install a programmable thermostat. It can save 1,800 lbs of CO₂ a year. Instead of turning up the heat, put on a sweater.

Switch to compact fluorescent light bulbs. They use 60% less energy and can save you \$30 on your electric bill.

Eliminate "Wall Warts" - unplug cell phone chargers, iPods, PDAs, and appliances when not in use. They still draw energy as long as they are plugged in. Turn off your computer overnight and when not in use.

Save energy and money by covering your pots while cooking and air dry your clothes.

Save water: run the dishwasher only when it's full, install low flow shower heads, turn off the water while brushing your teeth, and take short showers instead of baths. A 5 minute shower uses 15 to 25 gallons of water. Most baths require 40 gallons.

Replace outdated appliances with Energy Star appliances. Go gas! A gas oven is 50% more energy efficient than an electric oven.

To cook for one or two people, use a toaster oven or convection oven to save energy.

Recycling/Composting

Educate yourself about what can be recycled in Fort Collins - www.fcgov.com/recycling/pdf/curbside_recycling_guide_2008-0711.pdf

Save paper and transportation energy by reading news online. If you still want a newspaper, make sure you recycle it. Every ton of recycled paper saves 380 gallons of oil.

Compost yard waste: every year 24 million tons of leaves and grass are thrown away. Locally, yard waste can be composted by Gallegos with curb-side pick-up at home or taken to Hageman's on Mulberry.

Buy Local and Eat Responsibly

Implement one vegetarian night a week - not eating one pound of beef saves more water than not showering for one year.

Buy fair-trade coffee and tea.

Buy local: Shop at the farmer's market, look for local produce at the grocery store, and buy seasonal fruits and vegetables. Purchase meat from responsible, local farmers.

Buy locally grown produce and skip the frozen veggies - they require 10 times more energy to produce.

Switch to canvas shopping bags. Each reusable shopping bag can eliminate up to 1,000 plastic bags.

Family & Health

Consider a more earth-friendly alternative to disposable diapers. The average baby uses 5,000 diapers that will remain in a landfill for more than 500 years.

Make your own baby food and purees to save money and resources.

Replace caustic cleaning products with environmentally-friendly alternatives like vinegar, baking soda, and natural cleaners. Seventh Generation has a large line of sustainable cleaning products.

Give up the bleach: switch to organic cotton tampons or check out the Diva Cup - www.divacup.com

Transportation

Transportation is the world's fastest growing form of energy use. Americans use public transportation for only 2% of travel. Save resources by carpooling with neighbors, taking the bus, or biking to work.

Recycle old batteries and switch to rechargeable batteries. One rechargeable can save up to 1,000 alkaline batteries .

Clean out your trunk - the less weight your car carries the more efficient it is. Inflate your car tires to manufacturer's recommendations. Change your car's air filter to save money and CO2.

Consider a Hybrid car or look for electric models as early as next year.

Use a manual or electric mower for your lawn - the City is currently offering rebates to make the switch. Save water and create a healthier lawn by mowing on the highest setting.

Holiday Tips

Send ecards, reuse holiday cards for gift tags, decorations or ornaments and use old newspapers, magazines and reused gift wrap for presents. Gift bags can be reused.

Switch to LED holiday lights and consider a living tree

Recommended Reading

Animal, Vegetable, Miracle by Barbara Kingsolver

Women Pioneers For The Environment by Mary Joy Breton

The Sea, the Storm, and the Mangrove Tangle by Lynne Cherry (children's book)

"If you are thinking one year ahead, sow a seed. If you are thinking 10 years ahead, plant a tree. If you are thinking 100 years ahead, educate the people" Chinese poet, 500 BC

Some experts estimate that we're losing more than 100 plant, animal, and insect species every single day to rainforest deforestation

Recycling an aluminum can uses 95% less energy than making a can from new materials. The energy saved by just one can will operate a TV set for three hours.