

EarthKeepers

Earth Friendly Efforts

At the Office

- ✿ Print/copy on both sides of the paper.
- ✿ Bring a coffee mug from home instead of using disposable coffee cups.
- ✿ Make sure your office recycles—if they don't, take the initiative to set up a recycling program.
- ✿ Buy recycled paper.
- ✿ Recycle used ink cartridges—some manufacturers even provide postage-paid envelopes to return used cartridges.

When Shopping

- ✿ Look for paper products made of recycled materials.
- ✿ Buy permanent cloth or mesh cloth coffee filters instead of disposable paper filters—if you must use paper filters, use unbleached brown ones.
- ✿ Decline plastic bags at grocery stores if you have only one small item.
- ✿ Buy mesh grocery bags for shopping.
- ✿ Reuse plastic grocery bags that you already have.

At Home

- ✿ Use compact fluorescent light bulbs—a 15-watt CFL bulb is the equivalent of a 60-watt regular bulb.
- ✿ Turn off lights if you will be out of a room longer than five minutes.
- ✿ Turn off the oven five minutes before cooking time is up.

- 🌱 Set dishwasher to stop after the rinse cycle, then open the door and let dishes air dry.
- 🌱 Turn off computers, TVs, radios, printers, etc. when they are not in use for a while.
- 🌱 Take shorter showers—once you are wet, turn off the water, soap up, and turn it back on once you are ready to rinse.
- 🌱 Sign up for Duke Power's Green Power program.
- 🌱 Install low flow shower heads and faucets.
- 🌱 Keep your water heater at 120 degrees.
- 🌱 Buy appliances with the Energy Star label—www.energystar.gov
- 🌱 Try non-toxic cleaning products—
www.greenpeace.ca/e/resource/green/recipes.php
- 🌱 In the summer, set the thermostat at 78 degrees and use ceiling fans.
- 🌱 In the winter, set the daytime thermostat at 68 degrees and turn it down at night.
- 🌱 Put a reminder on the calendar to change furnace/AC filters regularly.

Outside

- 🌱 Get your car tuned up—check your tire pressure.
- 🌱 Bike or walk to one place this month that you otherwise may have driven to.
- 🌱 Plant a tree.
- 🌱 Try a chemical-free yard—
www.greenpeace.ca/e/resource/green/yard.php
- 🌱 In the fall, collect leaves with a rake instead of a leaf blower.



For more tips visit www.greenpeace.ca/e/resource/green/index.php.