



10 Ways to Go Green and Save Green

*We can take steps to stop climate change, save money, and care for God's Creation. Our grandchildren and their children will thank us for living more **sustainably**. Let's start now. Here are ideas to **GO GREEN** and **SAVE GREEN** at home and at work from **Worldwatch Institute**, a global environmental organization, and **New American Dream**.*

1. Save energy to save money.

- Set your [thermostat](#) a few degrees lower in the winter and a few degrees higher in the summer to save on heating and cooling costs.
- Install [compact fluorescent light bulbs](#) (CFLs) when your older incandescent bulbs burn out.
- Unplug appliances when you're not using them. Or, use a "[smart](#)" [power strip](#) that senses when appliances are off and cuts "phantom" or "vampire" energy use.
- Wash clothes in cold water whenever possible. As much as 85 percent of the energy used to machine-wash clothes goes to heating the water.
- Use a drying rack or clothesline to save the energy otherwise used during machine drying. If you must use a dryer, consider adding [dryer balls](#) to cut drying time.

2. Save water to save money.

- Take shorter showers to reduce water use. This will lower your water and heating bills too.
- Install a [low-flow showerhead](#). They don't cost much, and the water and energy savings can quickly pay back your investment.
- Make sure you have a [faucet aerator](#) on each faucet. These inexpensive appliances conserve heat and water, while keeping water pressure high.
- [Plant drought-tolerant native plants](#) in your garden. Many plants need minimal watering. Find out which occur naturally in your area.

3. Less gas = more money (and better health!)

- [Walk or bike](#) to work, if possible. This [saves on gas](#) and parking costs while improving cardiovascular health and reducing risk of obesity.
- Skip a car trip each week.
- Consider telecommuting if you live far from your work. **Or move closer.** [Lobby your local government](#) to increase spending on sidewalks and bike lanes. These improvements pay huge dividends improving health and reducing traffic.

4. Eat smart.

- If you eat meat, add one meatless meal a week and eat less Feedlot beef. Meat costs a lot, and is even more expensive when you consider the related environmental and health costs.
- Buy [locally raised](#), humane, and organic meat, eggs, and dairy whenever you can. Purchasing from local farmers [keeps money in the local economy](#).

- Eat more eco-friendly seafood –see Audubon’s Guide to Seafood: <http://seafood.audubon.org>; or Monterey Bay Aquarium’s Seafood Watch.
- Whatever your diet, [eat low on the food chain](#). This is especially [true for seafood](#).

5. Skip the bottled water.

- Use a water filter to purify tap water instead of buying [bottled water](#). Not only is bottled water expensive, but it [generates large amounts of container waste](#).
- Bring a reusable water bottle, preferably aluminum rather than plastic, with you when traveling or at work.

6. Think before you buy.

- Go online to find new or gently used secondhand products. Consider a service like [craigslist](#) or [FreeSharing](#) to track down furniture, appliances, and other items cheaply or for free.
- Check out garage sales, thrift stores, and consignment shops for clothing and other everyday items.

7. Borrow instead of buying.

- [Borrow from libraries](#) instead of buying personal books and movies. This saves money, not to mention the ink and paper that goes into printing new books.
- Share power tools and other appliances. Get to know your neighbors while cutting down on the number of things cluttering your closet or garage.
- Free yourself from junk mail! Use the form at: www.newdream.org/junkmail/form.php

8. Buy smart.

- Buy in bulk. Purchasing food from bulk bins can save money and packaging.
- Wear clothes that don't need to be dry-cleaned. This saves money and cuts down on toxic chemical use.
- Eliminate lawn pesticides; and the lawn too, if possible.
- Invest in [high-quality, long-lasting products](#). You might pay more now, but you'll be happy when you don't have to replace items as frequently (and this means less waste!).

9. Keep electronics out of the trash.

- Keep your cell phones, [computers](#), and other electronics as long as possible.
- Donate or recycle them responsibly when the time comes. [E-waste contains mercury](#) and other toxics and is a growing environmental problem.
- [Recycle your cell phone](#).
- Ask your local government to [set up an electronics recycling](#) and hazardous waste collection event.

10. Make your own cleaning supplies.

- The big secret: [you can make very effective, non-toxic cleaning products](#) whenever you need them. All you need are a few simple ingredients like baking soda, vinegar, lemon, and soap.
- Making your own cleaning products saves money, time, and packaging-not to mention your indoor air quality. http://www.seattle.gov/util/stellent/groups/public/documents/webcontent/spu02_014629.pdf