

LIMA



Thinking Green

30 EASY WAYS TO HELP YOUR FAMILY GO GREEN!

- TALK WITH YOUR FAMILY ABOUT MAKING A COMMITMENT TO GOING GREEN!
- IT'S EASIER THAN YOU THINK. CHECK OUT LIMA'S 30 WAYS TO GO GREEN AND HELP MAKE OUR COMMUNITY A BETTER PLACE TO LIVE!
- CHECK OFF ALL 30 AND HAVE YOUR NAME ADDED TO A LIST OF FAMILIES WHO HAVE PLEDGED TO MAKE LIMA A GREENER PLACE TO LIVE!
- FORM CAN BE RETURNED TO THE VILLAGE OR TOWN OFFICES.

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- 1. PLANT A NOTION** - "Going green" doesn't have to be a daunting task that means sweeping life changes. Simple things can make a difference.
- 2. CHANGE YOUR LIGHT** - If every household in the United States replaced one regular light bulb with one of those new compact fluorescent bulbs, the pollution reduction would be equivalent to removing one million cars from the road. Don't like the color of light? Use these bulbs for closets, laundry rooms and other places where it won't irk you as much.
- 3. TURN OFF COMPUTERS AT NIGHT** -By turning off your computer instead of leaving it in sleep mode, you can save 40 watt-hours per day. That adds up to 4 cents a day, or \$14 per year. If you don't want to wait for your computer to start up, set it to turn on automatically a few minutes before you get to work, or boot up while you're pouring your morning cup 'o joe.
- 4. RECYCLE GLASS** -Recycled glass reduces related air pollution by 20 % and related water pollution by 50 %. If it isn't recycled it can take a million years to decompose.
- 5. GO VEGETARIAN ONCE A WEEK**-One less meat-based meal a week helps the planet and your diet. For example: It requires 2,500 gallons of water to produce one pound of beef. You will also save some trees. For each hamburger that originated from animals raised on rainforest land, approximately 55 square feet of forest have been destroyed.
- 6. WASH IN COLD OR WARM** -If all the households in the U.S. switched from hot-hot cycle to warm-cold, we could save the energy comparable to 100,000 barrels of oil a day.
- 7. RECYCLE NEWSPAPER** - There are 63 million newspapers printed each day in the U.S. Of these, 44 million, or about 69%, of them will be thrown away. Recycling just the Sunday papers would save more than half a million trees every week.
- 8. RETHINK BOTTLED WATER** -Nearly 90% of plastic water bottles are not recycled, instead taking thousands of years to decompose. Buy a reusable container and fill it with tap water, a great choice for the environment, your wallet, and possibly your health. The EPA's standards for tap water are more stringent than the FDA's standards for bottled water.
- 9. BRUSH WITHOUT RUNNING** - You've heard this one before, but maybe you still do it. You'll conserve up to 5 gallons per day if you stop. Daily savings in the U.S. alone could add up to 1.5 billion gallons.
- 10. USE YOUR CRUISE CONTROL** -You paid for those extra buttons in your car, so put them to work! When using cruise control your vehicle could get up to 15% better mileage. Don't forget to have your tire pressure checked too!
- 11. TAKE A SHORTER SHOWER** - Every two minutes you save on your shower can conserve more than ten gallons of water. If everyone in the country saved just one gallon from their daily shower, over the course of the year it would equal twice the amount of freshwater withdrawn from the Great Lakes every day.
- 12. SECOND-HAND DOESN'T MEAN SECOND-BEST** - Consider buying items from a second-hand store. Toys, bicycles, roller blades, and other age and size-specific items are quickly outgrown. Second hand stores often sell these items in excellent condition since they are used for such a short period of time, and will generally buy them back when you no longer need them.
- 13. ADJUST YOUR THERMOSTAT** - Adjust your thermostat one degree higher in the summer and one degree cooler in the winter. Each degree Celsius less will save about 10% on your energy use! In addition, invest in a programmable thermostat which allows you to regulate temperature based on the times you are at home or away.

- 14. RECYCLE UNWANTED WIRE HANGERS** - Wire hangers are generally made of steel, which is often not accepted by some recycling programs. So what do you do with them? Most dry cleaners will accept them back to reuse or recycle.
- 15. GREENER LAWN CARE** - If you must water your lawn, do it early in the morning before any moisture is lost to evaporation. Have a few weeds? Spot treat them with vinegar. Not sure if you should rake? Normal clippings act as a natural fertilizer, let them be. If you've waited too long, rake by hand — it's excellent exercise.
- 16. BUY LOCAL** - Consider the amount of pollution created to get your food from the farm to your table. Whenever possible, buy from local farmers or farmers' markets, supporting your local economy and reducing the amount of greenhouse gas created when products are flown or trucked in.
- 17. TURN OFF LIGHTS** - Always turn off incandescent bulbs when you leave a room. Fluorescent bulbs are more affected by the number of times it is switched on and off, so turn them off when you leave a room for 15 minutes or more. You'll save energy on the bulb itself, but also on cooling costs, as lights contribute heat to a room.
- 18. GIVE IT AWAY** - Before you throw something away, think about whether someone else might need it. Either donate to a charitable organization or post it on a web site designed to connect people and things, such as Freecycle.org. or Craigslist.com.
- 19. SAY NO TO PLASTIC BAGS** - Each year the U.S. uses 84 billion plastic bags, a significant portion of the 500 billion used worldwide. They are not biodegradable, and are making their way into our oceans, and subsequently, the food chain. Stronger, reusable bags are an inexpensive and readily available option.
- 20. USE YOUR LIBRARY** - Stop buying books and use your local library—you pay taxes—use it! Most libraries also hold a used book sale so take advantage and keep the books as long as you like and when you are done donate them back for others to enjoy!
- 21. SEND ELECTRONIC GREETING CARDS** - Let family and friends know that you are going green and that you will be sending birthday and holiday cards electronically. Plus think of the ease and convenience!
- 22. USE BOTH SIDES OF PAPER** - American businesses throw away 21 million tons of paper every year, equal to 175 pounds per office worker. For a quick and easy way to halve this, set your printer's default option to print double-sided (duplex printing). And when you're finished with your documents, don't forget to take them to the recycling bin.
- 23. USE ONE LESS PAPER NAPKIN** - During an average year, an American uses approximately 2,200 napkins—around six each day. If everyone in the U.S. used one less napkin a day, more than a billion pounds of napkins could be saved from landfills each year.
- 24. DO NOT PRE-HEAT THE OVEN** - Unless you are making bread or pastries of some sort, don't pre-heat the oven. Just turn it on when you put the dish in. Also, when checking on your food, look through the oven window instead of opening the door.
- 25. DON'T RINSE** - Skip rinsing dishes before using your dishwasher and save up to 20 gallons of water each load. Plus, you're saving time and the energy used to heat the additional water.
- 26. BAN BATHTIME!** -Have a no-bath week, and take showers instead. Baths require almost twice as much water. Not only will you reduce water consumption, but the energy costs associated with heating the water.
- 27. FIND A BETTER WAY TO BREAK THE ICE** - When a big winter storm heads our way, most of us use some sort of ice melter to treat steps and sidewalks. While this makes the sidewalks safer for people, it may pose a hazard for pets who might ingest these products. Rock salt and salt-based ice-melting products can cause health problems as well as contaminate wells and drinking water. Look for a pet-safe deicer, readily available in many stores.
- 28. STOP PAPER BANK STATEMENTS** - Some banks will pay you a dollar or donate money on your behalf when you cancel the monthly paper statements you get in the mail. If every household took advantage of online bank statements, the money saved could send more than seventeen thousand recent high school graduates to a public university for a year.
- 29. USE RECHARGABLE BATTERIES** - Each year 15 billion batteries produced and sold and most of them are disposable alkaline batteries. Only a fraction of those are recycled. Buy a charger and a few sets of rechargeable batteries. Although it requires an upfront investment, it is one that should pay off in no time. And on Christmas morning when all the stores are closed? You'll be fully stocked.
- 30. SHARE!** - Take what you've learned, and pass the knowledge on to others. If every person you know could take one small step toward being greener, the collective effort could be phenomenal.

The _____ Family has pledged to GO GREEN IN LIMA. We have completed all 30 steps and have made a positive contribution to our planet. Please add our name to the list of Lima Families who have pledged to make our community a “GREENER” place to live!

For more information visit www.greenlima.com.