

GREEN TIPS

presented
by



ENERGY EFFICIENCY

FOR A GREEN LIVING LIFESTYLE

- + *Do a Home energy audit.*
- + *Switch to LED or compact fluorescent light bulbs.*
- + *Change or clean your furnace filter once a month.*
- + *Install low voltage programmable thermostat.*
- + *Set thermostat to a cost & recommend energy efficient levels: Winter 68 F, Summer 76 F (Every 1 degree of difference results in 2-4% energy savings)*
- + *Use light control devices like dimmers, motion detectors, occupancy sensors, photocells and timers to provide light only when you need it.*
- + *Unplug any electrical device not being used. Many appliances, especially computers, televisions and VCRs draw power even when turned off.*
- + *It pays to invest in Energy Star appliances! When purchasing appliances read Energy Guide labels carefully.*
- + *Keep curtains and blinds closed during the day to keep the heat out & reducing energy bill.*
- + *Only run dishwasher when at full capacity and make it a point to air-dry cycle.*
- + *Use ceiling fans*
- + *Seal doors and windows with caulk, weather-stripping and plastic film*
- + *Reflective window film help reduce heat gain during the summer*
- + *Set water heater temperature to 120 degrees*
- + *Go Solar! Solar Water Heaters and/or Photovoltaic panels are saving alternatives.*
- + *Install a home wind generator*
- + *Vacuum refrigerator coils about twice a year to keep the compressor running efficiently.*
- + *Energy efficient refrigerator temperatures; 36-38 degrees, Freezer; 0-5 degrees.*

DID YOU KNOW...

- *If energy efficiency of commercial and industrial buildings improve by 10 percent Americans would save an estimated 20 billion reducing greenhouse gas emissions equal to the emissions from 30 million vehicles.*
 - *Over the last 30 years, Energy efficiency has reduced our country's energy use by 47 percent.*
 - *Compact florescent lights will use 1/6th the energy a standard bulb would whilst producing the same amount of light.*
 - *Artificial lighting is responsible for about 15 percent of a home's electricity use.*
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WATER EFFICIENCY

Interiors:

- + *Install a water-savings showerhead.*
- + *Fix leaky faucets and check for hidden water leaks e.g. toilet, hiding piping, et cetera.*
- + *Use aerators on kitchen and bathroom sink faucets.*
- + *Take showers, not baths. A five-minute shower will use about 7.5 gallons of hot water, while filling a bathtub can use up to 20 gallons.*
- + *Don't use the toilet as an ashtray or rubbish bin.*
- + *Place "toilet dams" or rock-filled containers in the tanks of older flush toilets.*
- + *Insulate your water pipes.*
- + *Don't leave water running whilst brushing teeth, shaving, using toiletries, washing dishes, cleaning food, et cetera.*
- + *Don't shave while showering.*

In The Garden:

- + *Water lawn in the early morning and only when needed (avoid evaporation).*
- + *Plant native drought-resistant shrubs and plants – Xeriscaping.*
- + *Install a pistol-gripped nozzle to hose to reduce water usage.*
- + *If you don't have a pistol-gripped nozzle avoid running water while washing your car.*
- + *Use a broom instead of pressured water while cleaning exterior spaces.*
- + *Use a "rain barrel" to collect your rainwater in turn use collected water for in your garden.*
- + *Reduce evaporation losses from gardens by using an organic mulch or plastic ground cover between rows.*

DID YOU KNOW...

- Less than 1 percent of Earth water supply can be used as drinking water
 - More than 2 billion people on earth do not have a safe drinkable supply of water
 - Globally, diarrhea caused by Bacteria and viruses in polluted water kills more people than HIV/AIDS or malaria
 - In a five-minute shower 95 to 90 liters (25 to 50 gallons) are used.
 - It takes 660 gallons of water to supply 1,000 square feet of lawn with 1 inch of water.
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WASTE & RECYCLING

RRR: REDUCE, REUSE & RECYCLE

- + *Precycle: Think before you buy & reuse everything you can! When you purchase something packaged, think about how you can reuse the packaging e.g. butter, yogurt, and sour cream containers are great substitutions to Tupperware containers.*
- + *Purchase products made from recycled materials; look for the recycled symbol - i.e. paper towels, toilet paper, office paper, et cetera.*
- + *Bring your own shopping bag to supermarket, drugstore, etc.*
- + *Compost whenever possible.*
- + *Promote recycling in your office for paper, glass, plastic and metal.*
- + *Recycle your electronics, batteries and CFLs: drop them off at ECOMB's Miami Beach Center for the Environment. (Refer to ECOMB.org for other recycling sites.)*
- + *Find more information on where to recycle many other items by visiting ECOMB's newly released Recycling Resource Database @*
<http://ecomb.org/wordpress/wp-content/uploads/2009/05/RECYCLING-RESOURCE-DATABASE-Sheet1.pdf>
- + *Use and promote Freecycle in your community if it does not already exist.*
Check out miamibeachfreecycle@yahooogroups.com
- + *Recycle your Styrofoam peanuts by bringing them back to a packaging store.*
- + *Compost your leaves and yard debris or take them to a yard debris recycler.*
- + *Utilize double sided printing methods. If you make an error use the other side as a scrap paper.*
- + *Place recycling bins in centralized location of office/department for everyone to use.*
- + *Request a desk side bin for individual desk.*
- + *Use electronic mail to communicate rather than writing on paper or in office memos*
- + *Photocopy on both sides of paper.*
- + *Avoid Styrofoam and other disposables by using reusable dinnerware and coffee cups.*

DID YOU KNOW...

- \$160 billion = the value of the global recycling industry that employs over 1.5 million people.
 - 5% = the fraction of the energy it takes to recycle aluminum versus mining and refining new aluminum.
 - Every year, Americans throw away enough paper and plastic cups, forks, and spoons to circle the equator 300 times.
 - Recycling 1 ton of mixed paper saves the energy equivalent of 185 gallons of gasoline
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ECO-WISE CONSUMING

Preferable Purchasing Program:

- + *Use phosphate-free detergents.*
- + *Properly dispose of hazardous waste and NEVER pour hazardous chemicals down the drain!*
- + *Use natural / organic cleaners rather than chemical cleaners.*
- + *Never use herbicides or pesticides pull out the weeds from around your home and learn about natural and chemical-free pest control).*
- + *Use organic fertilizers.*
- + *Purchase household and industrial cleaning products that are not tested in animals, non-polluting and non-toxic.*
- + *Purchase personal care products that are not tested in animals.*
- + *Read products' labels. Words such as "danger", "warning", and/or "caution" appear. It may be hazardous to you or the environment. In Dade County call 311 and find out about the closest Hazardous Waste drop-off center.*
- + *Buy locally grown produce and support your local organic food market.*
- + *Consume only the necessary*
- + *Get to know and valorize companies that have practices of social responsibility & sustainability.*
- + *Tell friends and family about conscious consumerism & sustainability.*
- + *Dine at restaurants that support farmers markets.*
- + *Look and purchase slow foods.*

DID YOU KNOW...

- Over 1.5 million young children are poisoned in their own homes each year, and most times are poisoned by a cleaning or personal care product.
 - The USDA estimates that more than one million customers visit farmers' markets each week
 - The inside of a typical American home is ten times more toxic than being outdoors.
 - The oil from just one oil change is enough to contaminate one million gallons of fresh water. Americans who change their own oil throw away 120 million gallons of reusable oil every year
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TRANSPORTATION

- + *Take public transportation whenever possible*
- + *Carpool*
- + *Ride your bicycle. Request Bike lanes in your city.*
- + *Walk more; it will encourage better cardio health.*
- + *Be cognitive of your itinerary and plan ahead to reduce on car emissions.*
- + *Invest in alternative fuel vehicle.*
- + *Provide transportation vouchers for your employees*
- + *Purchase gas from companies that support alternative energy programs, such as Shell and BP.*
- + *Have your car serviced regularly.*
- + *Keep your tires inflated to keep your car's energy use efficient.*
- + *Maintain a steady speed while driving on the freeway resulting in gas savings.*
- + *Keep your windows closed when driving for better aerodynamics.*
- + *Telecommute: use video conferencing instead of flying or driving to meetings.*

DID YOU KNOW...

- 68% of all oil consumed in the U.S. (13.98 million barrels of oil) was used for transportation.
- Average U.S. households will spend about \$4,400 on energy to power their homes and vehicles – about \$2,200 on home energy costs and almost \$2,200 on gasoline, estimates the Alliance to Save Energy.
- Americans have been increasingly "buying bigger" – from 1990 to 2006, the purchase of SUVs (sport utility vehicles) rose from 5.6% to 32.4%.
- The average family owns two cars.
- Car emissions kill 30,000 people each year in the U.S.
- Switching from an average new car to a 13 mpg SUV for a year would waste more energy than leaving a refrigerator door open for six years, a bathroom light burning for 30 years, or a color TV turned on for 28 years.

Produced by ECOMB - Environmental Coalition of Miami & the Beaches

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