

Show You Care About the Environment!



Buy a new, BPA-free, water bottle!

Recent studies show that stainless steel bottles are better all around than those plastic bottles we use and discard on a regular basis. For those who must have plastic, there are reusable BPA-free copolyester plastic bottles with wide mouths for easy insertion of ice cubes. Choose one or the other, either one is more eco-friendly than the bottled water we buy in the supermarket. Then, fill the bottle at home with filtered tap water, which is at least as safe if not safer than the water inside those pre-packaged containers.



Use CFLs!

Those squiggly light bulbs you've been seeing are Compact Fluorescent Light Bulbs. They are not only energy-efficient, but also economical, as they use nearly 75% less energy than an incandescent bulb of the same size. This product line has been constantly evolving over the last decade; the quality of the bulb is improving and the variety of shapes and sizes is expanding. Exchange your most-often used bulbs for CFLs!



Use Rechargeable Batteries!

The rechargeable batteries on the market today are significantly better than those of years ago. Today's rechargeables last longer than regular alkaline batteries and can be charged hundreds of times. That makes them more economical than their alkaline counterparts, and more eco-friendly since reusing batteries keeps them out of the landfills! Once they can no longer hold a charge, there are battery recyclers that will handle them in an environmentally-friendly manner.



Seal Windows and Doors!

Pick up an inexpensive kit from a home center or a hardware store. The kit contains all the plastic and double-sided tape you will need to effectively cover any size window and keep out the draft! Don't forget the corners! After the window is covered and taped, just seal all around with a hair dryer. Again, don't forget the corners! This little bit of effort will allow you to lower your thermostat and reduce your energy cost.



Recycle Your Old Electronics!

Old computers and other electronics contain lead, cadmium, mercury and plastics, all of which are harmful to the environment and represent a major threat to local water systems. These products now account for 5% of the world's municipal solid waste. If your unwanted computer is older than a Pentium PC, find a recycler in your area by calling your Town Hall. If not, wipe your hard drive free of all data and donate it.



Bring a Huge Reusable Shopping Bag to the Grocery Store and Everywhere!

The problem has been that the reusable bags have been too small, but that is changing. There are large and larger bags on the market today. While you're at it, bring your lunch to work in a neat cotton canvas reusable bag. It may seem inconvenient at the beginning, but, after a while, it will become an easy lifestyle change, and it will keep the plastic out of the landfills.



Use Both Sides of the Paper!

For the office, consider buying paper made from post-consumer recycled content. It is also a good idea to buy paper that is bleached without chlorine, as the use of chlorine releases harmful chemicals into the water system. In the office, turn used paper over and put it right back into the copier, or use it for scrap. It's the oldest and easiest rule to follow, but it bears repeating. At the end of the paper's usable life, it can then be recycled!