



ENERGY EFFICIENCY



PURCHASE:
Products and appliances with **ENERGY STAR** labels to assure efficiency.



LIGHTING:
Replace your 5 most regularly used fixtures or bulbs with **ENERGY STAR** qualified lights.

UNPLUG:
Many of today's electronics use energy even when off. Use a power strip as a central turnoff point. Unplug battery chargers and power adapters when not in use.

INDOOR AIR QUALITY



VENTILATE:
Use bath fans and range hoods to remove moisture and pollutants.

PURCHASE:
Purchase Non-toxic cleaning supplies and household products to reduce toxins in the home.

GREEN:
Keep houseplants. Houseplants clean the air by emitting high oxygen content, and removing carbon monoxide. Houseplants increase general indoor air quality. They look nice too!.



WATER CONSERVATION

PURCHASE:
Look for the **WaterSense** label for water-efficient products like showerheads.



CONSERVE:
Wash your laundry with cold water whenever possible. To save water, try to wash full loads or, if you must wash a partial load, reduce the level of water appropriately.
Run your dishwasher with a full load and use the air-dry option if available.

REDUCE REUSE RECYCLE



REDUCE:
The average American discards seven and a half pounds of garbage every day. Most of this garbage goes into landfills, where it's compacted and buried and can make its way into our groundwater.

REUSE:
American companies rely on recycling programs to provide the raw materials they need to make new products.

RECYCLE:
Recycling requires far less energy, uses fewer natural resources, and keeps waste from piling up in landfills.