The Green Board

How to make everyday life more eco-friendly

Reduce

Reduce means to make less use of resources or energy. One way to reduce is to bring your own bag instead of using plastic or paper bags. You can also reduce by using less water and electricity.

Reuse

Reuse means to use something again. Instead of throwing away a plastic bottle or aluminum can, you can clean and reuse it. You can also buy products that are made from recycled materials.

Recycle

Recycle is the process of collecting and processing used materials to create new products. Some common recyclable materials include paper, plastic, glass, and metal. By recycling, you help reduce the amount of waste that goes to landfills.

Rethink

Rethink means to think about something in a different way. You can rethink your shopping habits by bringing reusable bags, buying products with less packaging, and choosing products that are more sustainable and eco-friendly.

Green tips of the week

- Reduce, recycle, rehaul. Some cities already require people to sort their trash into paper, metal, glass, and organic waste. Even if your city doesn’t, you can benefit a growing trend. Fot up four separate waste baskets, and make sure the contents end up in the appropriate receptacles.
- Draw or make a few reusable items bags, and use them with you whenever you go shopping.
- Check out the green tips! This is the single most effective solution to decreasing efficiency. The most fuel efficient fleet may be the one which your vehicle is driven by frequently. The most efficient ones, this is certainly ones using 30 GPA.
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Green tips of the week:

Recycle, recycle, recycle. Some cities already require people to sort their trash into paper, metals, glass, and organic waste. Even if your city doesn't, you can launch a growing trend. Set up four separate waste baskets, and make sure the contents end up in the appropriate recycling bin.

Buy or make a few reusable fabric bags, and bring them with you whenever you go shopping.

Drive at the speed limit. This is the single most effective solution to increasing efficiency. The most fuel-efficient speed may be the point at which your vehicle shifts to high gear. For most vehicles, this is somewhere around 50mph.
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Reduce, Reuse, Recycle, Rethink.

Reduce: What is recycling? It is a process whereby a material (e.g., soda bottle, etc.) has outlived its useful life and has been collected, separated, re-manufactured, and purchased as a new product only to continue the cycle again. Recycling conserves resources by keeping them in circulation, reducing the depletion of non-renewable resources such as fossil fuels and mineral ores used to manufacture products from virgin resources.

Whenever possible, it is wise to purchase products that have a long shelf life and that are made from materials that can be recycled. When we purchase products, it is important to consider the environmental impact of the materials used in the manufacturing process. Products made from recycled materials have a smaller environmental impact than those made from virgin resources.

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Rethink: To achieve the significant reductions in emissions required to limit the negative impacts of climate change, we must all make lifestyle changes. This means reducing our consumption of energy, water, and materials. It also means thinking critically about the products we use and the way we use them. By doing so, we can help to reduce our environmental impact and create a more sustainable future.
Reduce

Waste reduction means that less garbage or recyclables are produced in the first place. It means reducing the volume and toxicity of wastes each of us makes in the course of daily life. And, it means that by using less first, we help to conserve valuable resources like water and energy.
Reuse
Whenever feasible, it is wise to purchase products that have long shelf lives and that they are truly durable before we choose to discard them or cycle them out so someone else may continue to gain benefit of their function prior to it being recycled or disposed.
Recycle

What is recycling? It is a process whereby a material (i.e. soda bottle, etc.) has outlived its useful life and has been collected, separated, remanufactured, and purchased as a new product only to continue the cycle again. Recycling conserves resources by keeping them in circulation, reducing the depletion of non-renewable resources such as fossil fuels and mineral ores used to manufacture products from virgin materials.

Rethink
To rethink refers to the steps associated with educating the public about recycling. This concept requires that you do not view things that you consider “finished” being garbage. It involves thinking about what items you can reduce in consumption, what items you can reuse, and what items you can recycle. Items that are “truly trash” may be incinerated at a trash-to-energy plant or landfilled.
For cold drinks keep a pitcher of water in the refrigerator instead of running the tap. This way, every drop goes down you and not the drain.

Shorten your shower by a minute or two and you'll save up to 150 gallons per month.

When cleaning out fish tanks, give the nutrient-rich water to your plants

Designate one glass for your drinking water each day or refill a water bottle. This will cut down on the number of glasses to wash
Turn off the water while brushing your teeth and save 25 gallons a month.

Drop your tissue in the trash instead of flushing it and save water every time.

Share water conservation tips with friends and neighbors

Turn off the water while you shave and save up to 300 gallons a month
While staying in a hotel or even at home, consider reusing your towels.

When you have ice left in your cup from a take-out restaurant, don't throw it in the trash, dump it on a plant.

Turn off the water while you suds up in the shower to save up to 150 gallons a month.

Take a timer, clock, or stopwatch into the bathroom with you and challenge yourself to cut down your showering time.
Catch the cold water that comes out of the faucet, tap, or shower while you are waiting for the hot water. Use it to water plants or pour into your toilet reservoir after flushing.

Hang towels on a rack to air dry after you shower. Use them multiple times between washings.

Buy goods that have minimal packaging. Packaging requires energy to produce.
Shower before bed. Your sheets will not get dirty as quickly and you will be able to launder them less frequently. If you like, in between, wash just the pillow cases with other similar fabrics, or have a spare set you can swap in.

Wear clothing more than once. You can also wear the same pajamas for a few nights in a row, especially if you shower before bed. Do change socks and underwear daily, but wear slacks, jeans, and skirts more than once between washings. Wear sweatshirts and sweaters over a t-shirt or tank top and just change only the innermost layer.
Drive at the speed limit. This is the single most effective solution to increasing efficiency. The most fuel-efficient speed may be the point at which your vehicle shifts to high gear. For most vehicles, this is somewhere around 50mph.

Try to avoid traffic on busy days or times when it is raining, windy or barometric pressure is high. Rain, headwind and high barometric pressure create extra air drag that uses more fuel to create and maintain forward motion (a tailwind helps).
Invest in a good bicycle and helmet. Use them when your destination is within 5-10 miles of home.

Get rid of any unnecessary weight in your car or truck like golf clubs or unnecessary tools and materials. Lowering the tailgate on a pickup truck actually reduces your gas mileage by reducing drag. Studies have shown that an air cushion is created behind the cab that creates a low drag surface for the air to travel over.
Avoid wasting fuel from pressing the gas to regain the speed lost from braking when following closely (tailgating) which forces you to correct your following distance by applying your brakes, slowing forward motion.

Keep the tires inflated to the proper pressure to increase your traveling distance on a tank of gas. Keep a tire gauge handy and check the pressure. Tires naturally lose air over a period of time.

Check your tire pressure more often when the outside temperature changes greatly (Hot tires will have high pressure from expanding air -- but if air is
let out to the proper pressure, then when cooled they will become too low in the cooler conditions so reinflate them when cooler).

Lower the thermostat by a few degrees in winter. An extra layer or blanket will not only keep you cozy but will help to reduce your electricity bill significantly.

Open the windows in summer. The cross breeze will often keep you cool and flushes out stale air (indoor air is often more highly polluted than the air outside). Importantly, the use of fresh air to cycle through your home saves the cost of running an air conditioner.
Switch to compound fluorescent lightbulbs. They last longer and consume one-quarter of the energy. Lately, LED lamps have started to pick up the pace too -- they are up to ten times as effective as fluorescent, and totally blow incandescent bulbs off the charts.

Turn off the lights. Always turn off the lights when you are not using them. Rooms that are lit with nobody in them are wasteful.

Buy rechargeable batteries for devices used frequently.
Turn off the computer every day. Even if it feels like it is not making much of a difference, it is.

Recycle, recycle, recycle. Some cities already require people to sort their trash into paper, metals, glass, and organic waste. Even if your city doesn't, you can launch a growing trend. Set up four separate waste baskets, and make sure the contents end up in the appropriate recycle bins.
Avoid Creating Trash. Avoid disposable products, such as plates, cups, napkins and cutlery. Use reusable towels and dishwashing cloths in place of paper towels and disposable dish sponges. Remember to recycle the old newspapers, or the ones that you do not need anymore.

Stop Some of Your Junk Mail. If you get several catalogs which you do not need, then call one company each day or each week and ask for them to stop sending this to you. This will save trees, and
will use less oil, as something you do not need will not have to be made and transported to you. There is sometimes more paper in the local newspaper that you would use in 2 months.

Brew tea using bulk leaves rather than disposable tea bags. You can buy teas of all sorts in bulk, more affordably than buying boxes of tea bags. Then brew using a mesh strainer, filter, teapot, carafe, or french press.

Buy or make a few reusable fabric bags, and bring them with you whenever you go shopping.
Buy less stuff. If you don't need it, don't buy it. Besides saving money and not cluttering up your house, not buying things in the first place means never using the resources (materials, energy, labor) necessary to create it. Could you borrow something, get it used, or simply do without it?

Eat less meat. The production of meat is one of the most significant contributors to the most serious environmental problems, including global climate change. Meat production is highly resource intensive and inefficient. Pick one day of the week where you will not eat meat.
Load up that washing machine If you need to do laundry, try to wash as much clothes as possible in it. It saves water, electricity, and time to wash those clothes.