

Conservation Tips

There are multiple ways to be environmentally responsible. Below are some of the most impactful actions that you can take to be a good environmental steward.



Energy

1. **PROGRAMMABLE THERMOSTAT** – Install/use a programmable thermostat in your home, and set it to comfortable, energy-saving levels (winter: 68 degrees when home and 60 degrees while asleep or away; summer: 78 degrees when home and 85 degrees when away and 82 degrees while asleep). [Learn more.](#)
2. **ENERGY STAR APPLIANCES** – Look for the ENERGY STAR logo when buying home appliances, electronics, and heating and cooling systems. [Learn more.](#)
3. **WASHING & DRYING** – Wash your clothes in cold water with a cold-water formulated detergent and dry some or all of your clothes on a laundry line. [Learn more.](#)
4. **LIGHT BULBS** – Swap out any incandescent light bulbs with compact fluorescent light bulbs (CFLs) or LED bulbs, and make sure to shut off the lights when you don't need them. [Learn more.](#)
5. **COMPUTER SLEEP SETTINGS** – Shut your computer off regularly when not in use and/or modify the sleep settings so it enters a “low-power” mode after a short amount of inactivity. [Learn more.](#)



Materials

1. **BUY LESS** – The most effective way to prevent waste is to buy less stuff. The next time you consider purchasing something, ask yourself whether you or your family really need the item. [Learn more.](#)
2. **JUNK MAIL** – Stop the majority of junk mail to your home by opting out of unsolicited mail. [Learn more.](#)
3. **REUSABLES** – Use reusable items, such as reusable water bottles, food containers, and shopping bags. [Learn more.](#)
4. **RECYCLE** – Participate in your local curbside recycling program, which most likely accepts rigid plastics, paper, cardboard, and aluminum. If your community doesn't have a curbside program, take your recyclables to the local collection center. [Learn more.](#)
5. **SPECIAL WASTE ITEMS** – For items that cannot be collected via your curbside recycling program (e.g., used motor oil, leftover cleaning products, single-use batteries, etc.) take the items to a location that will recycle or dispose of them in an environmentally-responsible manner. [Learn more.](#)



Water

1. **DISHWASHER** – Run your dishwasher only when it’s full, and simply scrape off excess food (there is no need to pre-rinse dishes; it’s been shown not to result in significantly cleaner dishes). [Learn more.](#)
2. **AERATORS** – Install an inexpensive, simple aerator for kitchen and bathroom faucets, which reduces the flow of water. [Learn more.](#)
3. **SHOWERS** – Reduce your shower time to 5 minutes or less and install a low-flow showerhead to reduce the amount of water used. [Learn more.](#)
4. **WATERING LAWN** – If you need to water your lawn, do it during the coolest part of the day (early morning is best), and limit how often you water your lawn. [Learn more.](#)
5. **WASHING MACHINE** – Only wash full loads or choose the appropriate load size / water level to ensure you are using the least amount of water as necessary. [Learn more.](#)



Food

1. **MEAT:** Eat less meat (especially beef); it’s better for your health and the environment. [Learn more.](#)
2. **PALM OIL:** Try to only purchase products that contain palm oil that is sustainably produced and does not lead to deforestation. [Learn more.](#)
3. **SEAFOOD:** Only purchase seafood that is labeled “best choices” by Seafood Watch in order to help maintain healthy ocean ecosystems. [Learn more.](#)
4. **PACKAGING:** Buy food items that do not have a lot of extra, unnecessary packaging. [Learn more.](#)
5. **COMPOSTING:** Compost food scraps. [Learn more.](#)



Transportation

1. **DRIVE LESS:** By driving less, you use less gas and reduce pollution. Consider using a bike, walking, or taking public transportation to run errands that are close by instead of driving. [Learn more.](#)
2. **NO IDLING:** Shut off the engine when you are parked and waiting. Starting your vehicle uses a fraction of the gas that it takes to keep it running/idling. [Learn more.](#)
3. **FUEL-EFFICIENT VEHICLE:** When it comes time to purchase a new vehicle, buy a fuel-efficient model. [Learn more.](#)
4. **COMMUTING:** Consider carpooling, taking public transportation, or biking to work at least one day a week. [Learn more.](#)
5. **TUNE UP:** Keep your vehicle well tuned and check your tires regularly to ensure they are inflated to the correct pressure. This allows your vehicle to run more efficiently. [Learn more.](#)