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 too 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.]