

## 40 for 40

Celebrate the fortieth anniversary of Earth Day.

40 ideas you can use throughout the year to help keep our community green.

1. Take a No Idling Pledge
2. Carpool
3. Bike
4. Walk to school
5. Recycle, Reduce, and Reuse: plastics, E-waste, and rechargeable batteries
6. Recycle newspapers, cardboard, junkmail, cereal boxes, etc.
7. Reduce unwanted mail: pay bills on-line
8. Purchase items with minimum packaging
9. Use earth friendly reusable shopping bags/ lunch bags
10. Do not throw toxic liquids down the drain
11. Discard chemicals responsibly
12. Do not litter
13. Check your tires to insure they are properly inflated which improves gas mileage
14. Remove an empty roof rack on your car which increases fuel consumption
15. Conserve water i.e., turn water off when brushing your teeth
16. Use less hot water
17. Run the washing machine, dishwasher and dryer when they are full
18. Get a home energy audit
19. Energy proof your home
20. Install a programmable thermostat
21. In Winter lower your thermostat by 2 degrees
22. In summer raise your thermostat by 2 degrees
23. Switch water heaters to vacation mode when away
24. Switch to compact fluorescent light bulbs (CFL Bulbs)
25. Unplug appliances when not in use
26. Clean or replace filters on your furnace and air conditioner
27. Choose energy efficient appliances when making new purchases
28. Do not leave appliances on standby
29. Turn out lights , computers and electrical appliances when you leave a room
30. Wrap your water heater in an insulation blanket
31. Cover your pots while cooking
32. Eat meat one day less a week, a leading contributor to climate change
33. Attend an Earth Fair
34. Limit your use of pesticides or switch to organic products
35. Compost
36. Plant a Tree
37. Construct a Rain Garden
38. Grow an organic garden
39. Shop local
40. Enjoy a path on the River Walk