

101 Green Living Tips

Easy & Free Ways To Start Living
Green Today

By Conserv-A-Store

www.conservastore.com

info@conservastore.com

1-800-805-9207

Green Living Tips

In this book we plan to give you rapid fire tips that you can start implementing immediately. We'll also explain what makes these tips green. They will be listed from 1 to 101. So let's get right to it.

- 1) Turn down the thermostat in cold weather & keep it higher in warm weather. The less you're a/c has to work the less energy you use and a lower electricity bill for you.
- 2) Clear the furnace air filter monthly. This can save you 5 to 15% off your heating bill.
- 3) Use ceiling fans more often instead of the A/C. Fans use less energy than A/C.
- 4) Use a broom instead of a garden hose to clean your driveway. You can conserve water and lower your water bill.
- 5) Don't let the water run when brushing your teeth. A common way to waste water, don't let this happen to you.
- 6) Choose paper products that are made from 100% recycled paper. Keep the recycling campaign going by supporting it.
- 7) Remove yourself from junk mail lists. Less paper that has to be used and a less packed mailbox for you.
- 8) Buy unbleached paper. Traditional bleach is not a green product because of the chemicals.

- 9) Purchase reusable bags for shopping. Plastics are filling up in your local landfill, stop this process today.
- 10) Reuse your plastics if you have any to fight global warming. One of the main causes, don't add to a growing problem.
- 11) Use paints made from zero or low-volatile organic compounds. These are hazardous to your health and dangerous for the environment.
- 12) Use real plants as often as possible. The processes real plants go through are beneficial to you and to the environment.
- 13) Focus on perennials (plants that last longer). The longer your plant lasts the more it can contribute to you.
- 14) Choose organically grown food. Organic foods are made without all those nasty pesticides in your food.
- 15) Use the standby feature in your electronics. This will minimize the amount of power used.
- 16) Plug electronics into surge protectors and turn that off or unplug your electronics. No need to waste electricity for your devices when you're not around them.

- 17) Use a solar panel for your home's electricity. Solar power doesn't use electricity therefore cheaper in the long run and its energy doesn't harm the planet.
- 18) It's better if you reduce your consumption than reusing. The less you use the less companies will overproduce their products.
- 19) Always recycle. Landfills, landfills, landfills.
- 20) Make sure your house is properly insulated. Otherwise you're letting out heat and your heater has to work harder to warm your home.
- 21) Choose spray foam insulation instead of fiberglass. Spray foam insulation lasts longer meaning a lower cost for you.
- 22) Your attic is where you lose most of the heat in your house. Make sure it's well insulated.
- 23) Check for leaky ducts. This can help you cut your energy bill in half.
- 24) Start riding a bicycle more often. Less car usage means more money in your pocket and better air quality for you to breathe.
- 25) Air dry your clothes items. Cuts your energy bill down from a dryer.

- 26) Choose toilet paper & paper towels made from at least 80% recycled materials. Keep supporting recycling.
- 27) Buy your groceries in bulk. Less trips to the grocery store the more money you save.
- 28) Seasonal fruits carry a lower price tag so try new fruits in different seasons. The process of packaging frozen fruits puts off numerous gases & energy.
- 29) Use a store grinder for peanut butter. Make your own peanut butter with this tool and save money.
- 30) Brew your own coffee & find eco-friendly coffee beans. Saves you money from buying your coffee at stores.
- 31) If you live in an apartment, ask about their recycling program. This will help you recycle.
- 32) Check the gallons per cycle on a dishwasher. The lower the GPC the less water you use.
- 33) Electric ovens are more efficient than gas ovens. They use less energy.
- 34) If you need a gas oven choose one with an electric ignition. These models use less energy than pilot gas ovens.

- 35) Look for induction or ceramic glass cooktops. These models are more energy efficient.
- 36) Preheating is generally unnecessary unless it's precision baking. Don't waste that initial heat.
- 37) If you're baking small, use a toaster instead of the oven. Toasters use a fraction of the energy from ovens.
- 38) Purchase pans that take up the whole burner or more. The extra space from small pans that is not filled wastes heat.
- 39) Copper bottom pans heat up faster. Faster it heats up the less electricity you use.
- 40) Cook in bulk to save energy. Less you have to cook the less energy you use.
- 41) Grilling may be fun but it's not too green. Grills use twice the energy as stoves.
- 42) Keep your burners clean to produce more heat. Dirty burners are as energy efficient as it could be.
- 43) Microwaves use 85% less energy than a cooktop & 33% of a toaster.

- 44) Washing with a dishwasher saves more water than hand washing. Hand washing runs more water than you think.
- 45) Install a water filter instead of buying water. This will save you money and you won't be using plastic.
- 46) Keep your fridge between 37 & 40 degrees. No need to use any more energy to cool the fridge.
- 47) Freezers should be set at 5 degrees. Again don't use unnecessary energy.
- 48) Clean you're a/c coils annually. This will help you save energy.
- 49) Keep your freezer filled. The more packed your freezer is the less energy is needed to keep it cool.
- 50) Don't clutter the top of your fridge to allow proper air circulation. The more cluttered the more energy your fridge uses to keep it cool.
- 51) Purchase a filter certified by the National Sanitation Foundation. These are the most energy efficient filters.
- 52) Avoid bottled water. The evil plastic strikes again.

- 53) Volunteer in exchange for local produce. Great way to help out and get your food for free.
- 54) Use your backyard more often. Less traveling can be a good thing sometimes when you use less gas.
- 55) Reset irrigation timers during seasonal changes. Adjust the amount of water based on the season. Don't set timers often when it's raining a lot.
- 56) Try going meatless one day a week. Lots of energy goes into processing & packaging of meat.
- 57) Pay your bills online. No need to waste paper with checks or drive to a store.
- 58) Use rechargeable batteries. Save money from buying batteries over and over.
- 59) Wash your clothes in cold water. Cold water uses less energy than hot.
- 60) Borrow books from the library, buy used, or buy digital. Reduce the amount of paper being used.
- 61) Drive slower & at a steady pace. Driving past around 60mph wastes your gas inefficiently. Slowing and speeding also consumes more fuel.

- 62) Check your cars tire pressure monthly. Low tire pressure can waste your fuel inefficiently.
- 63) Choose concentrated or ultra cleaning products that use 50-60% less packaging. Less packaging means less materials have to be used.
- 64) Foods don't boil faster at higher temperatures. Don't set everything to high.
- 65) Find gadgets that measure the wattage from your electronics. Learn how truly how much energy your devices are using.
- 66) Use commercial car washes instead of doing it yourself. Home car washes typically waste more water than a commercial car wash.
- 67) Plant trees in your yard. The added benefits from plants only in your yard.
- 68) Cover your pool when you aren't using it. Reduce water & heat evaporation.
- 69) Have an energy audit performed on your house. A professional can show you where your energy saving can improve.
- 70) Turn off lights in rooms that you aren't in. Don't waste unnecessary energy.

- 71) Use refillable pens. Saves you from buying pens over and over, just buy the ink.
- 72) Save on printing by e-mailing. No water wasted through emails.
- 73) Read online newspapers. Save on paper this way.
- 74) Choose digital movies instead of hard copies. Legally! Saves on the energy used & usually cheaper.
- 75) Send e-cards. No paper wasted.
- 76) Download your software or music (legally of course!) instead of purchasing physical copies. Same as digital movies.
- 77) Look for green based hotels. Support green businesses.
- 78) Buy your tickets online. Don't use more paper than necessary.
- 79) Rent hybrid cars. Hybrids get a higher mile per gallon rating.
- 80) Choose glass over aluminum in most cases. Glass is made from more eco-friendly materials.

- 81) Skip the treadmill & run outdoors. Saves energy use and you can enjoy the scenery.
- 82) Choose products with minimal packaging. The less packaging used the less materials used.
- 83) Choose multi-vitamins as opposed to multiple vitamins. So if you're choosing between 5 bottles vs. 1 bottle you can see you're using fewer materials.
- 84) Choose two in one shampoo & conditioner. Less plastic being used in this case.
- 85) Use plain deodorants instead of antiperspirants. Antiperspirants contain lots of chemicals you don't want to have on you.
- 86) Avoid terms on products which mean nothing such as "normal", "safe", "water-resistant". These are the bogus ones.
- 87) Check the environmental working group's skin deep database to find out if a product is safe.
- 88) Donate your clothing or household goods. Help someone else go green with your belongings.
- 89) Transfer your money online instead of driving to a bank. No gas used in that transaction.

- 90) Pay your taxes online. No paper used to mail and no waiting in long lines the day taxes are due!
- 91) Check your utility company's energy saving program.
- 92) Print on both sides of paper. Cut your paper usage in half with this method.
- 93) Purchase office supplies made from recycled materials.
- 94) Choose public transportation when possible. No need to contribute additional pollution if public transportation is available.
- 95) Use the ventilation system in your bathroom or open the window. Makes your home more energy efficient.
- 96) Purchase a MPG (Mile Per Gallon) meter to learn your actual rating.
- 97) Choose solar powered GPS navigation system. Uses less energy from your car.
- 98) Choose a solar battery charger for your car. Again less energy used from the car.
- 99) Keep the windows throughout your house open to increase the air quality.

100) Choose a cleaning service that uses green products.

101) If you have to wait more than 30 seconds in your car, skip the drive through and go inside. More than that and you're letting all kinds of bad stuff into the air.