

Reduce Reuse Recycle

Here is a list of some simple (and not so simple) things each of us can do.

- ✓ Unplug televisions, computers, and chargers when not in use. Plugged in electronics and appliances still use electricity, called "standby power."
- ✓ Buy less stuff. For example, instead of buying a case of plastic water bottles, consider buying one refillable one.
- ✓ Know where your food comes from. If you buy local, your food travels fewer miles, reducing fossil fuel use.
- ✓ Eat vegetarian meals several times a week. Growing vegetables uses less energy than raising cattle, for example.
- ✓ Walk or bicycle more often or try taking the bus or carpooling.
- ✓ Turn off lights when you leave a room
- ✓ Program your thermostat
- ✓ Close curtains at night – to keep in warmth. Install shades for your windows – to keep the inside cool.
- ✓ Install a water-saving showerhead and low-flow toilets
- ✓ Use energy efficient lighting, such as compact fluorescent or LED lights.
- ✓ Use cold (or warm) water to wash your laundry – and consider drying clothes on a line instead of dryer.
- ✓ Be green in your yard
 - ✓ Plant native species. They are generally more drought tolerant.
 - ✓ Avoid pesticides
 - ✓ Grow a vegetable garden
 - ✓ Compost your food scraps for fertilizer
 - ✓ Plant a tree to shade west-facing windows