

SUSTAINABLE LIVING/GOING GREEN

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Be Thrifty and Thrive

Today's teens are more wired up, plugged in, worldly and savvy than ever. Many care deeply about the threats facing our environment, and are

committed to making a difference. But it's not always easy to know exactly what to do. Here are some suggestions for people of all ages to get

started. Collectively, our actions can make a positive difference to our environment!

- Use soy candles, rechargeable batteries, and CFL or LED light bulbs
- Dress warmer to keep heat at a minimum, day and night
- Encourage friends and family to go green

- Recycle cans, paper products and plastic containers instead of throwing away
- Recycle newspapers, magazines and clothing
- Volunteer at neighborhood and community cleanups

- Turn the water off while brushing your teeth
- Turn the lights off when you leave the room
- Don't stand with the refrigerator door open to "browse"

10 Ways to Go a Little Greener

1. Your home is your largest single source of energy use. Save Energy by turning off lights, turning off the water, washing clothes in cold water, and keeping the heat set a few degrees lower and the air conditioning a few degrees higher.
2. When you're done surfing and IM-ing, turn your computer off which could save an average of \$90 worth of electricity a year. If you must leave your computer on, tell it to go into "sleep" or "hibernate" mode, which saves power. Save even more juice by unplugging your computer (or flip the switch on a surge protector) to stop the "phantom load" problem.
3. Download (legally!) the latest album online. Purchasing music online cuts out waste from shipping and all those CDs and CD cases.
4. Instead of commuting by yourself, there are other options that can reduce energy usage, and save you money! Carpool, use public transit, catch a school bus, or ride your bike!
5. Maintain your current vehicle. Try not to accelerate quickly. Slow down! Driving the speed limit saves gas. Avoid excessive idling. If stopping for longer than one minute, it is more efficient to shut off your vehicle. Keep your engine tuned and your tires properly inflated.
6. Support local food growers. Traditional food items can travel thousands of miles from their point of origin to the consumer. By choosing locally grown products, you can: Provide your family with a higher quality, better tasting product. Support a local economy. Reduce the energy use associated with transporting food long distances.
7. What better way to save some of that locally grown food than preserving it yourself! Everyone who has done at least a little preservation knows how satisfying it is to look at the jars of fruits & vegetables in the cellar for the winter!

8. Kick the Bottled Water Habit!



Consumption of bottled water has greatly increased in recent years. However, there is a high energy cost associated with bottling and transporting water to areas distant from its source. Since most municipal systems have water that is as good as if not better than bottled water, save yourself some money by filling a reusable water bottle at home!

9. Say No to Paper AND Plastic!



Your choices at the grocery store matter! The majority of plastic bags given out at most grocery stores are not recycled. Paper is easier to recycle, but it still takes energy to produce, and requires trees. Why not say no to paper AND plastic, and get reusable cloth bags? They are extremely durable, come in a variety of sizes, and they last much longer than paper bags.

10. Find Ways to Reduce Your Power Bill.



Electric bills can be murder. But now you can cut down on costs and find out which machines are actually worth keeping plugged in. Simply connect your appliances to the Kill-a-Watt electricity usage monitor and it will assess how efficient they really are. You can calculate your electrical expenses by the day, week, month, or year while also checking the quality of your power by monitoring voltage, line frequency, and power factor. Now you'll know if it's time for a new refrigerator or if that old air conditioner is saving you money.