



Pollution Prevention Tips for Households

Did you know?

- Plastic bags and other plastic garbage thrown into the ocean kills as many as a million sea creatures every year! Solution: Use cloth bags.
- We buy 2 billion batteries every year. That's about 8 batteries for each person in the country – even counting babies! Solution: Use rechargeable batteries.
- We use 65 billion aluminum beverage cans every year! Solution: Recycle your cans.
- Up to 25% of household waste is yard clipping and food waste. Solution: Compost yard clippings and food waste to make nutrient rich mulch and fertilizer.
- It takes approximately 394 pounds of coal to keep a single 100-watt incandescent light bulb burning for 12 hours each day for one year. Solution: Turn off lights when not in use.
- Recycling one ton of office paper saves 17 trees. Solution: Reduce, reuse, then recycle your paper.
- Packaging represents about 30% of all waste, and most of it is not needed. Ten cents out of every dollar we spend at the grocery store, pays for packaging. Solution: Purchase products with minimal packaging.

Use Your Purchasing Power Wisely

- Bring a reusable bag when shopping. Minimize the use of paper/plastic bags. Reuse/recycle them.
- Use durable products instead of disposable ones. Ex: use cloth rather than paper napkins, mops instead of disposable sheets, sponges or rags instead of paper towels.
- Shop carefully; only buy what you need.
- Say “No Thanks” to items you’re not going to use. Ex: napkins, straws, utensils or condiments.
- Borrow, rent, or share items you use infrequently such as extra plates/cups for parties, power tools.
- Buy products in containers that you will reuse (ex: peanut butter jars can be used to store screws).
- Purchase less toxic cleaners; use Green Cleaners.
- Purchase concentrated or refillable laundry detergent.
- Buy non-perishable products in large quantities or in bulk.
- Buy local – supporting local business reduces fuel needs and transportation costs.

Reuse

- Use reusable containers instead of aluminum foil, plastic bags, or plastic wrap.
- Use a refillable water bottle and coffee mug instead of disposable beverage containers.
- Use old fabric or worn-out clothing as rags.
- Use cloth or metal coffee filters instead of paper filters.
- Repair broken appliances instead of throwing them away and buying new ones.
- Donate reusable items and cars you no longer need to thrift shops and charities.
- Recycle!!! Recycle plastic, glass, aluminum, newspaper, used motor oil, tennis shoes, eye glasses, clothing, cell phones, electronic equipment. Reduce household waste by re-using or recycling.

Energy Conservation

- Buy energy-efficient Energy Star appliances and LED bulbs.
- Try carpooling or public transportation, even ONE day a week.

- Add insulation or seals in or around doors, windows, walls and roofs to reduce energy costs.
- Turn off lights, computer, fans or TV when not in use.
- If it's not far, don't take the car.
- Use your clothesline instead of your dryer. This keeps your house cooler and less humid.
- Set thermostat $\leq 68^{\circ}$ in winter and $\geq 75^{\circ}$ in summer. Never leave windows or doors open.
- Turn down the temperature on your water heater.
- Install a programmable thermostat to turn down the heat or air conditioning at night.
- Dress warmer so you can turn the heat down in the house during the winter.
- Open blinds instead of turning on lights.
- Paint your walls in a light color so more light is reflected.

In the Bathroom

- Take short showers; draw less water for baths. Turn down the hot water a little.
- Turn off water while brushing teeth, shaving, etc.
- Check your toilet for "silent" leaks – place a little food coloring in the tank & see if it leaks into the bowl.
- Install low flow toilets, faucets and showerheads.

In the Kitchen or Laundry

- Only run full loads in your dishwasher and washing machine.
- Compost your food scraps rather than using a garbage disposal in your sink.
- Wash vegetables in a pan of water instead of the faucet; use that same pan to pre-clean dishes.
- Keep a gallon of drinking water in the refrigerator rather than running the tap for cold water.
- Insulate your water pipes to save hot water.

Outdoors

- Wash your car with a bucket of soapy water using a spring loaded nozzle to keep water from running.
- Wash your car less often or wash it at a car wash where they clean and recycle the water.
- Use a broom instead of a hose to clean off your driveway or sidewalk.

Painting

- Use water-based latex paints and other low volatile organic products.
- Don't spray paint – use brushes and rollers when possible.

Lawn & Garden Tips

- Do not mow your lawn or fill your gas tank or burn on Ozone Action Days.
- Use non-toxic alternatives to house and garden pesticides and do not apply near lakes or streams.
- Recycle used motor oil and other fluids.
- Be careful refueling your lawn and garden equipment to prevent spillage.
- Ask about new, clean-burning equipment coming on the market or use hand-powered tools.
- Replace your mower with push mower, electric or new efficient gas. Push mowers = exercise too!
- Use household hazardous waste collection days to dispose of hazardous wastes such as pesticides, herbicides, fertilizer, batteries, cleaning fluids, paint thinners, and thermometers.
- Instead of using a gas/diesel powered blower try electric tools or rake or sweep debris.
- NEVER burn plastics or other man-made materials or wastes. Not only is it illegal, the smoke is toxic!
- Plant trees and shrubs to create winter wind breaks and provide shade in summer.