



Earth Day – How Going Green Helps

Every little bit helps. Going green has several positive side effects for the environment: cleaner water and air, preservation of natural resources, and the reduction of global warming.

Pick one area where you will focus your GREEN this month.

Greenhouse Gas Emissions

- Reduce your driving. Carpool, ride your bike, or even walk to locations close to you.
- Maintain your vehicle to reduce emissions, or drive a green car such as a hybrid.

Resource Conservation

- Use alternative energy sources to ease the strain on natural resources.
- Try using less water (turn it off while brushing your teeth, shaving, or washing your hair).
- Keep the thermostat higher in the summer months.
- Unplug unused appliances.
- Switch to compact fluorescent light bulbs.

Less Waste

Recycle commonly used materials to decrease the amount that ends up in landfills, where it contributes to the greenhouse effect. Consider the time it takes for trash to decompose:

- Glass bottle—1 million years
- Aluminum can—80 to 200 years
- Plastic beverage bottle—450 years
- Plastic bag—10 to 20 years

Eat Smart

Buy locally raised foods. Purchasing from local farmers reduces our carbon footprint, because fewer resources are used to transport food into the area.