



12 EASY IDEAS FOR CREATION CARE

1

USE REUSABLE GROCERY BAGS.

One person using reusable bags over their lifetime would remove more than 22,000 plastic bags from the environment.

2

UNPLUG APPLIANCES WHEN NOT IN USE.

25% of your energy bill comes from things plugged in that you're not using.

3

EAT LOCALLY GROWN PRODUCE

If every family in America ate ONE locally grown meal a week from your own garden or Farmer's Market, we would save 800 million barrels of oil transporting food.

4

BE THRIFTY WITH HEATING AND COOLING.

A thermostat set three to five degrees higher in summer can feel just as comfortable when fans are used. Each degree of temperature adjustment can save about three percent on energy costs.

5

USE COMPACT FLUORESCENT OR LED ENERGY-SAVING LIGHT BULBS.

If every home in America replaced five light bulbs with LED light bulbs, we could save energy equivalent to 21 coal burning power plants!

6

WALK OR BIKE TO NEARBY LOCATIONS.

Less driving means fewer emissions, saves gasoline and it's great exercise!

7

DON'T LEAVE THE WATER RUNNING WHILE YOU'RE ENGAGED IN EVERYDAY ACTIVITIES.

When brushing your teeth, shampooing the dog or soaping up the car, turn off the water until you actually need it. You'll reduce your water bill and help conserve a vital natural resource.

8

INSULATE YOUR HOME.

Add insulation to your walls and roof, install weather stripping and caulk windows. You could save more than 25 percent in heating costs.

9

PROPERLY INFLATE THE TIRES ON YOUR CAR.

If everyone did this, we'd save four million gallons of gas per day.

10

CARRY YOUR OWN CUPS.

The average American office worker uses 500 disposable cups per year. We can make a huge difference in the amount of waste we produce by just toting our own travel cup.

11

TURN DOWN YOUR HOT WATER HEATER.

Setting your water heater at 120 degrees (instead of 140 degrees) can save up to 10 percent in energy costs.

12

PURCHASE PAPER PRODUCTS WITH HIGH POST-CONSUMER RECYCLED CONTENT.

One ton of recycled paper saves approximately 17 trees.