



DEMEC

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EARTH DAY 2018 Daily Tips to Help Preserve Your Local Environment:

**Use the tips below during the month of April to post a daily tip or combine a handful to provide some helpful ways people can easily help their local environment. There are several tips that will help people save energy and save money, too. These tips are courtesy of the Earth Day Network.*

1. Plant a tree or donate a tree.
2. Join a local park, river or beach cleanup.
3. Use environmentally-friendly, non-toxic cleaning products.
4. Replace inefficient incandescent light bulbs with efficient CFLs or LEDs – reduce your carbon footprint by 450 pounds a year.
5. Car pool, ride your bike, use public transportation or drive an electric or hybrid car. Reduce your carbon footprint by 1 pound for every mile you do not drive.
6. Keep your tires properly inflated and get better gas mileage. Reduce your carbon footprint 20 pounds for each gallon of gas saved.
7. Stop using disposable plastics, especially single use plastics like bottles, bags and straws.
8. Recycle paper, plastic and glass. Reduce your garbage by 10% and your carbon footprint by 1,200 pounds a year.
9. Use cloth towels instead of paper ones. Reduce garbage and save trees.
10. Change your paper bills to online billing. You'll be saving trees and the fuel it takes to deliver your bills by truck.
11. Read documents online instead of printing them. Go paperless, even in the office.
12. Set your office printer to print two-sided.
13. Bring a reusable water bottle and bring a mug to the office, to school and to the coffee shop.
14. Bring reusable bags when you shop.
15. Pack your lunch in a reusable bag.
16. Buy local food to reduce the distance from farm to fork.
17. Grow your own organic garden or join a farm share group. Even in cities, gardens can fill an empty lot.
18. Compost kitchen scraps for use in your garden. Turn waste into fertilizer.
19. Take a shorter shower and use a water-saving shower head.
20. Fix leaky faucets.
21. Run your dishwasher only when it's full. Save time, water and energy.
22. Conserve water outdoors by only watering your lawn in the early morning or late at night. Use drought resistant plants in dry areas.
23. Wash your clothes in cold water and line dry.
24. Turn off and unplug electronics that you're not using. This includes turning off your computer at night.
25. Turn off lights when you leave a room.
26. Take the stairs instead of the elevator. Save energy and get exercise.

27. Move your heater thermostat down two degrees in winter and up two degrees in the summer to reduce your carbon footprint by 2,000 pounds.
28. Lower the temperature on your water heater.
29. Contact your utility company and find out about renewable energy options.
30. Use Energy Efficient appliances! From light bulbs to dishwashers, your energy efficient appliances not only conserve energy and help the environment but will also save you money in the long run!