



TIPS FOR BEING GREEN AT HOME



Opt out of Junk Mail:

- ❑ Opt out of Catalog mailings –
<https://www.catalogchoice.org>
- ❑ Opt out of Insurance/credit card offers
<https://www.optoutprescreen.com>
- ❑ Opt out of Valpak mailings
<https://www.valpak.com/coupons/show/maillinglistsuppression>



Reducing your Waste (incl. food):

- Know the recycling/composting rules for your city
- Eliminate disposable plates/cutlery – use reusables
- Buy foods with minimal packaging
- Donate clothes or utilize consignment instead of trashing
- Utilize refill resources to minimize buying plastic – Ex:
<https://www.blueland.com>
<https://www.refilleryla.com>
- Try Meal plans and/or Meal Prepping
- Freeze leftovers that you don't plan to eat right away



Reducing Water Consumption:

- ❑ Turn off & replace fixtures/showerheads
 - ❑ Saves 10g per person/day (brushing teeth/shaving)
 - ❑ Showers 17% in house use = 10gallons per day/person
- ❑ Check and repair leaks
 - ❑ Leaky faucets avg. 20 gallons a day
 - ❑ 30% indoor water use is from toilets/ leaky toilets avg. 200 gallons a day
- ❑ Plant drought tolerant landscaping/Switch to turf
 - ❑ Water small gardens by hand
 - ❑ Use weather-based irrigation for larger yards



Reducing your Energy Consumption:

- ❑ Add layers, extra blankets, lower thermostat
- ❑ Turn off Lights, update to LED lights
- ❑ Be aware of phantom loads, unplug devices
- ❑ Check refrigerator/freezer settings aren't too low
 - ❑ Keep full but not stuffed/Avoid storing piping hot food
- ❑ Run dishwasher at full capacity, during non-peak hours and skip dry heat function.
- ❑ Hang laundry to dry & Wash with cold water (when it makes sense)



Decreasing your Carbon Footprint:

- ❑ Reduce your red meat consumption
 - ❑ Red meat uses 11x's more water and produces 5x's more emissions than poultry. Single lb. takes 5,000 gallons of water.
 - ❑ Average American eats 8.5 ounces of meat per day.
- ❑ Don't buy fast fashion ex. Gap, Fashion Nova, Forever 21
- ❑ Eat seasonal, organic and local fruits and vegetables.
- ❑ Drive less – Bike more, Walk more
- ❑ Fly less. When you do, Fly non-stop



References:

- ❑ <https://www.forbes.com/sites/houzz/2015/03/31/11-ways-to-save-water-at-home/?sh=57d62fb6166c>
- ❑ <https://www.epa.gov>
- ❑ <https://dpw.lacounty.gov/wwd/web/conservation/WaterConservation.aspx>
- ❑ <https://www.bhg.com/home-improvement/green-living/>
- ❑ https://www.huffpost.com/entry/7-instant-ways-to-reduce-your-carbon-footprint_b_59321992e4b00573ab57a383
- ❑ <https://www.treehugger.com/how-to-stop-receiving-junk-mail-1203945>