

# 101 Ways to Green Your Life



## everyday living

- 1 open your window curtains** as the weather gets colder outside. Doing this during the day, and closing them at night will conserve the most energy.
- 2 buy online!** Buying music and videos online avoids the need for wasteful and excessive packaging associated with CDs and DVDs.
- 3 save energy with your cell phone!** New cell phone software can help you to track and reduce your carbon footprint.
- 4 learn from nature!** The field of Biomimicry studies nature's tools to help us develop products and processes that have a reduced environmental impact.
- 5 "green" collar jobs** are seen by many as the path to future economic stability and environmental stewardship. Support local environmental initiatives!
- 6 printing excess paper off the web?** Green Print is a free software which helps eliminate waste.
- 7 do you read?** Visit the local library to borrow books instead of buying them: save money, save resources, save the environment.
- 8 go paperless!** Use online banking and periodicals, send emails instead of letters and ask cashiers to hold the receipt.
- 9 rechargeable batteries!** One rechargeable battery can replace up to 1000 regular ones; that equals 999 hazardous batteries diverted from the waste stream.
- 10 old cell phones?** Take them to a local electronics recycler instead of throwing them in the trash.
- 11 bring your own mug!** Did you know that most paper coffee cups cannot be recycled or composted due to their composition?

- 12 using wood for a project?** Look for a wood certified by a standard like FSC.
- 13 plant a tree!** This spring is the perfect opportunity to plant a tree and help conserve our environment. Trees help to sequester CO2 and clean our air!
- 14 interested in sustainability?** Join the movement by contributing to environmental stewardship in your community. Volunteer, organize, educate, and take action.
- 15 bring your lunch to work!** The packaging associated with take-out food has a significant environmental impact. Reusable packaging is much better.
- 16 constantly on your cell phone?** Use a solar cell phone charger to power your cell phone with green, renewable energy.
- 17 taking the car today?** Transportation accounts for roughly 30% of Greenhouse Gas Emissions in North America.
- 18 on vacation?** Inform hotel housekeeping staff that you don't need bed linen changed every day. This choice saves significant water and energy.

## around the house

- 19 energy efficient appliances** are one of the smartest choices you can make! Save money and help conserve the environment.
- 20 seal it up!** By ensuring windows and doors are properly sealed against drafts, a homeowner can save up to 30% of their heating costs!
- 21 flat is better!** When selecting your next computer go for a LCD flat screen monitor rather than a traditional CRT, they use less energy.
- 22 solar thermal panels** are the most cost effective source of renewable energy; using the sun's energy to fulfill water heating needs.

- 23 furnace filters** must be replaced on a regular basis to increase energy efficiency, reduce emissions and save money.
- 24 fix that leaky faucet!** A dripping water fixture can waste thousands of gallons of water a year. That is fresh, clean water going down the drain!
- 25 selecting a new air conditioner?** Find one that is CFC and HCFC free. CFCs and HCFCs are greenhouse gases which contribute to climate change.
- 26 switch to on demand!** On Demand water heaters are up to 35% more energy efficient than traditional storage tank water heaters.
- 27 new computer?** Look for the Energystar label for energy efficiency.
- 28 how much waste do you produce?** Monitor how much household waste you create, to see what you can do to reduce it! It can be very rewarding.
- 29 do you know your flow?** Check your water fixtures: toilets, faucets and showers to ensure they use water efficiently; if not, change them out.
- 30 trying to recycle your electronic waste?** Use a company that is E-Steward Certified to ensure ethical waste recycling.
- 31 vacuum appliances!** By vacuuming dirt and dust from behind your refrigerator and other appliances, you can save considerable amounts of energy.
- 32 caulk it!** As colder weather approaches, it is important to ensure your home is properly sealed; a little leak can translate into huge energy costs.
- 33 staple-less stapler!** If everyone converted to a staple-less stapler some countries could conserve over 70 tonnes of steel a year!
- 34 outdoor lights turned on all night?** Set lights to a timer to reduce light pollution and conserve energy.
- 35 contribute your used goods** to reuse centers instead of throwing them in the trash. Your waste might be someone else's treasure.
- 36 planning a family vacation?** Try a lower carbon alternative to flying, like driving or taking a train to your destination.
- 37 biodegradable shampoos!** They are gentler on your hair and help to reduce your impact on natural ponds, lakes and oceans.
- 38 off peak hours!** Using home appliances during these times to reduce the amount of energy entering the grid from sources such as coal and oil.
- 39 play board games** with your family for a great way to have fun and reduce the amount of energy consumed by televisions and computers.
- 40 try organic Instead!** The use of chemical fertilizers on your lawn can lead to the degradation of natural aquatic ecosystems in your area.
- 41 buy voc-free!** Volatile Organic Compounds (VOCs) are carcinogenic chemicals emitted by paints, finishes and fabrics.
- 42 going to the market?** Buy locally grown produce to reduce the environmental cost of transportation and support the local economy.
- 43 spring cleaning?** You can donate many of your unwanted items to reuse centers instead of throwing them in the garbage.
- 44 driving the speed limit** improves gas mileage
- 45 collect rainwater** to use for your indoor plants. Collect the water in pails when it rains and use it to water your indoor plants.
- 46 buy in bulk!** When shopping for groceries go for the bulk options to reduce packaging waste associated with individually wrapped items.
- 47 starting your spring gardening?** Consider using native plants in your flower beds, they are hardier and require less water.
- 48 do you really need all that packaging?** Purchase products that have little or no packaging to reduce the amount of waste going to landfill.
- 49 Compact Fluorescent Light (CFL) bulbs!** You can save up 75% of the electricity consumed per light fixture by converting!
- 50 seal it!** Weatherproof your doors and windows— 62% of your energy bill comes from heating your home.
- 51 wondering what that organic label means?** No pesticides, herbicides or harmful fertilizers were used in the production of the product.
- 52 load your clothing dryer** appropriately. An overloaded dryer is much less efficient.
- 53 buy durable products** that won't go out of style to help save energy and resources.

- 54 compost it instead!** Did you know that the conditions present in a garbage landfill make it hard for organic material to break down as it naturally would?
- 55 what is your carbon footprint?** Use online carbon calculators to see how much Carbon Dioxide you contribute to our atmosphere every year.
- 56 turn the lights off** when you are not using them. It is a simple and effective way to help the environment and reduce your energy bill.
- 57 reduce your water use!** Install a 0.5 gpm aerator on bathroom faucets and reduce water use by up to 5 times when brushing your teeth!
- 58 harvest rainwater at home** to use in irrigation and indoor plumbing fixtures. Rainwater systems are becoming increasingly affordable.
- 59 unplug your electronics** when not in use! Many electronic devices such as toasters continue to draw energy even when not in use.
- 60 track your electricity use!** Kilowatt meters are often available for purchase from local hardware stores, or to borrow from libraries and community centers.
- 61 spring cleaning** is just around the corner! Ensure you use Green Seal or EcoLogo certified cleaning products when you undertake this annual task.
- 62 worried about the economic downturn?** Invest in energy efficiency & take advantage of government rebates to reduce home energy use.
- 63 dual flush toilets**, aerated faucets and high efficiency shower heads can help to produce up to 50% water savings at your home.
- 64 old refrigerator?** Did you know that a new refrigerator uses 40% less energy than the equivalent model in 1993? Make the switch!
- 65 need that beer fridge?** That old, inefficient refrigerator running in the basement could cost you \$150 or more per year in electricity.
- 66 using natural cleaning products?** Simple things like baking soda, borax and vinegar are healthy and environmentally friendly alternatives.
- 67 limit showers** to 4 minutes, this can save over 25,000 L of water a year. Install water efficient shower heads and save approximately 10 L of water a minute.
- 68 set your heating and cooling** for appropriate temperatures. A 1 degree temperature difference can save up to 15% of the energy used in your home.

- 69 get your car tuned up regularly** and keep your tires properly inflated. Proper maintenance can increase your car's fuel efficiency by 10 percent.
- 70 do you have outdoor lights?** Try replacing them with solar versions. There are many new, high quality products on the market.

## health and beauty

- 71 take the stairs!** By avoiding the elevator you will stay fit, and help your building conserve energy. Set up a competition at work to see who can "stair" the most.
- 72 eat less meat!** Eating less meat is one of the most effective ways to help conserve our environment, try substituting just one meal a week.
- 73 make smart restaurant choices.** Choose restaurants that serve local, organic and fair trade goods to promote a healthier local environment and economy.
- 74 buy in season!** Buying local seasonal fruits and vegetables helps reduce carbon emissions and the need for extensive transportation.
- 75 put a lid on it!** Place lids on your pots when pre-boiling water for cooking; this simple action contributes to huge energy savings.
- 76 going to the gym everyday?** Get outside and take advantage of the beautiful spring weather instead; bike to work instead of driving!
- 77 enjoying a hot drink in the morning?** Make the socially and environmentally smart choice: purchase fair trade coffees and teas.
- 78 bring a reusable water bottle** to help you stay hydrated. It is much better for the environment than purchasing disposable ones.
- 79 get outside and volunteer** for a local environmental organization. Look for tree planting or community clean-up activities.
- 80 purchasing a yoga mat?** Look for one that is organic!

# while at the office

- 81 selecting products for your office?** Avoid products such as PVC or those with high VOC contents as their emissions are carcinogenic.
- 82 keep plants in your home or office!** They can significantly increase the quality of the indoor air in these spaces, creating a healthier environment.
- 83 save paper!** When taking notes or printing casual documents, reuse the blank side of previously printed documents.
- 84 using a smart power bar?** Smart power bars detect turned off appliances, ensuring they do not waste energy in standby mode.
- 85 daylighting sensors!** They detect incoming daylighting levels and adjust interior lights automatically. This makes for a more comfortable environment and saves money.
- 86 renovating your office or home?** Use motion sensor lighting and LED fixtures to enhance energy savings and help mitigate climate change.
- 87 new computer?** Check out the EPEAT website to help you select the most environmentally friendly computer products rated for energy and life-cycle costs.
- 88 new office furniture?** Try to find products that are "Green Guard" certified as they emit fewer toxins and are better for your health.
- 89 reduce your carbon footprint** by purchasing renewable, carbon free energy. Providers are available throughout North America.
- 90 greening your building portfolio?** Try LEED certification, it is an internationally recognized environmental building standard.
- 91 buy recycled paper.** Buying products with a high-recycled content is just as important as recycling the products you use.
- 92 energy star compliant appliances** are rated to the highest standards in energy and water efficiency. Smart for the budget, smart for the planet.
- 93 printing your emails?** Consider the environment and keep your emails stored in digital form.
- 94 working on a marketing campaign?** Remember to use Forest Stewardship Council paper products to ensure the sustainability of our forests.
- 95 choosing product & service suppliers?** Check out their environmental reports and factor their stewardship into your decision.
- 96 turn off your monitor** when shutting down your computer. Your computer screen consumes 60% of the energy used by an entire computer.
- 97 upgrading electronic devices?** Continuously doing this has a negative environmental impact. Buy products which will meet your needs over a long period of time.
- 98 ink jet printers** use only 3% of the energy used by a comparable laser jet printer. If you remember to recycle ink cartridges, ink jets are a better choice.
- 99 using or producing consumables** such as paper cups or plastic cutlery? Use biodegradable consumables instead.
- 100 a lighting retrofit** can help to save energy and money. Perform an energy audit in your office to find out how it might affect your bottom line.
- 101 use task lighting** instead of overhead lighting. Using task directed lighting can yield energy savings of 15% and is more appealing to a worker.



Green Building Certification  
GHG Consulting  
Sustainability Consulting

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