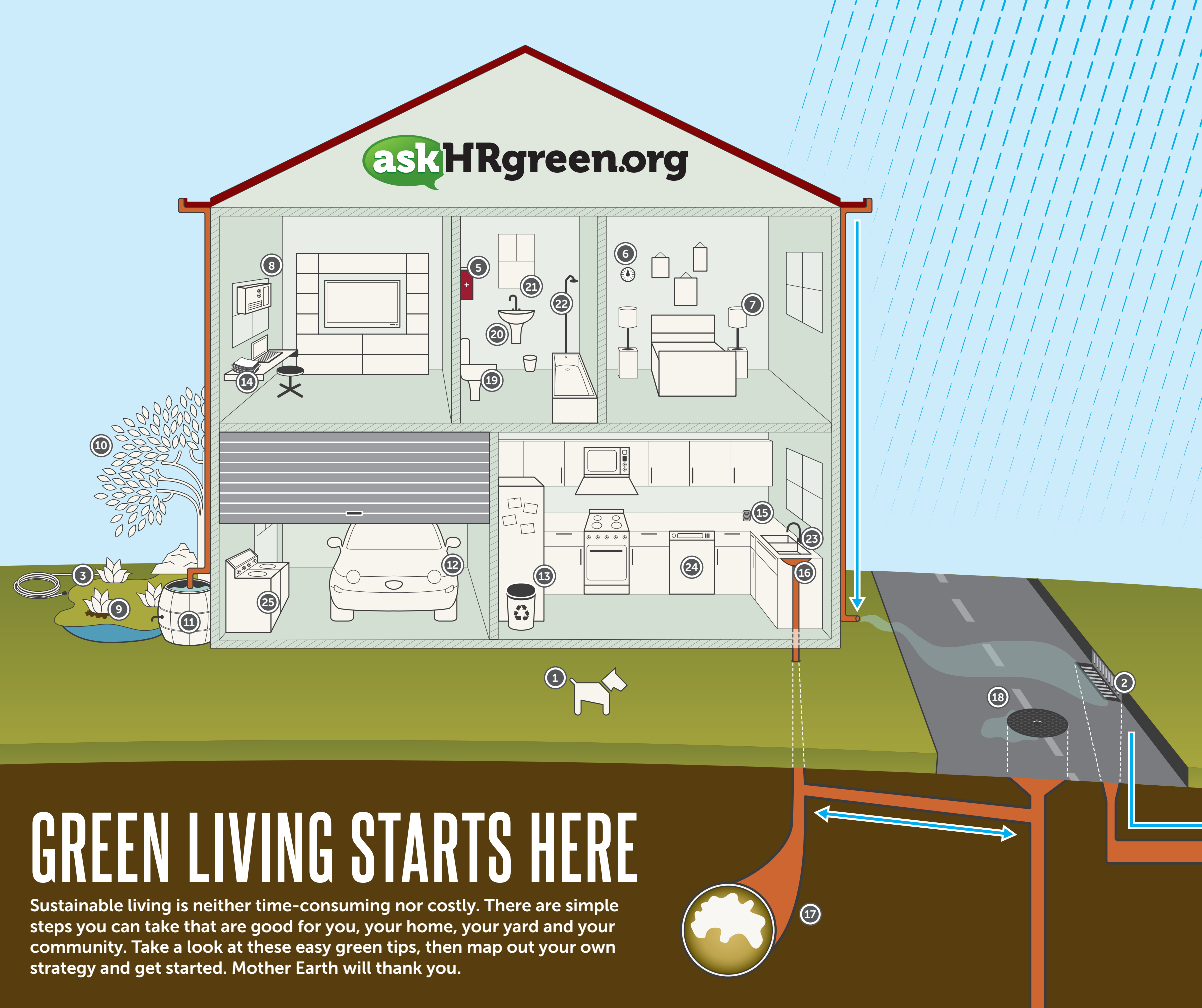


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GREEN LIVING STARTS HERE

Sustainable living is neither time-consuming nor costly. There are simple steps you can take that are good for you, your home, your yard and your community. Take a look at these easy green tips, then map out your own strategy and get started. Mother Earth will thank you.

GOOD to DO

KEEP WATERWAYS SAFE & CLEAN

- 1 Scoop It! Bag It! Trash It!** Pet waste is harmful to humans, other animals and our waterways.
- 2 Only rain down the storm drain.** All storm drains in Hampton Roads lead directly to our favorite waterways. Keep storm drains clean and never let anything but rain water go down the storm drain.
- 3 Use a hose nozzle when watering your garden or washing your car.** Always use a hose bib vacuum breaker to prevent backflow.
- 4 Be smart about fertilizer use.** Have your soil tested. Make sure you know what your lawn really needs to thrive. It might need a lot less than you think.
Bring Household Hazardous Waste (HHW) to a local HHW event or collection facility. HHW includes cleaning products, automotive fluids, lawn and garden sprays, CFL bulbs, and more. Leftover HHW cannot be poured down the drain, on the ground, into the storm drain, or put out with the trash.
- 5 Bring unused prescription drugs to a take-back event.** If you can't get to a take-back event, then crush solid medication, dissolve in water and then mix with kitty litter, sawdust, coffee grounds, etc.

askHRgreen.org/stormwater-runoff

BE EFFICIENT

- 6 Adjust the thermostat settings for peak efficiency.** Install a programmable thermostat and set it to complement your family's schedule.
- 7 Switch to more efficient light bulbs.** Energy Star qualified lighting not only uses less energy, but also produces approximately 75 percent less heat than incandescent lighting, so cooling bills will be reduced.
- 8 Change the AC filter at least every three months.** Check your cooling system's air filter every month and change it if the filter looks dirty.

askHRgreen.org/energy-saving-cooling

BE SMART OUTDOORS

- 9 Mulch!** Add a two-inch layer of mulch material, such as fir bark, pine needles or wood chips, to control erosion, retain moisture, reduce water loss, stabilize the soil temperature, and reduce weeds.
- 10 Choose native, drought-tolerant trees, shrubs and plants.** Native plants are hardy, drought tolerant and insect and disease resistant. They'll last longer and require less work from you.
Water your lawn wisely. Typically, a total of 1 inch of water is all your grass needs. Use a rain gauge to measure rainfall, and include rain water in your calculations.
- 11 Install a rain barrel.** Rain barrels are an easy way to enjoy the benefits of a rain shower for days and days.
- Install water-efficient drip irrigation systems for your landscaping.** With drip irrigation there is little water loss from evaporation or runoff. It's good for mulched areas because it can directly soak into the soil without washing away mulch.
- 12 Take your car to the car wash.** If you can't, wash your car on an area that absorbs water, such as gravel or grass.

askHRgreen.org/smart-water-use-outdoor

REDUCE | REUSE | RECYCLE

- 13 Recycle!** Keep your recycling container in an accessible location.
Reuse your plastic bags. Keep a plastic bag holder in your kitchen.
Keep reusable shopping bags handy. Put them in your car or in your purse and remember to use them for your grocery shopping.
- 14 Reduce and recycle junk mail and telephone books.** Remove your name from unsolicited mailing lists and directories. Junk mail and phone books can be recycled.

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PROTECT YOUR PIPES

- 15 Never pour Fats, Oils, and Grease down the drain.** This includes your kitchen sink and the toilet!
- 16 Do not use the garbage disposal.** Instead, use a strainer to catch food scraps then toss them into the trash. Environmentally friendly garbage disposals are a myth!
askHRgreen.org/food-waste-disposal
- 17 Properly dispose of Fats, Oils, and Grease.** Otherwise, pipes will clog
- 18 causing damage to your household plumbing, and may even result in overflows that harm the storm water system.**
- 19 Think before you flush.** Only dispose of human waste and toilet paper in the toilet. Anything else damages your plumbing.

askHRgreen.org/fats-oils-grease-disposal

USE WATER WISELY

- 20 Fix leaks!** Check toilets and faucets for leaks, then fix 'em. Turn off all water inside the house, if the meter is still turning, you have a leak.
Install high efficiency/low-flow toilets, showerheads and fixtures. Look for the WaterSense label.
- 21 Turn off the faucet** while brushing your teeth.
- 22 Take shorter showers.** Time yourself and try to keep it under 5 minutes.
Choose tap vs bottled water. Fill a pitcher with tap water and keep it in the fridge. Get in the habit of always using a refillable water bottle when you're on the move.
- 23 Catch the water** when rinsing fruits and vegetables and use it to water the plants!
- 24 Wait for full loads.** Only use the dishwasher and washing machine when they're full.
- 25**

askHRgreen.org/smart-water-use-indoor