



GoGreen

MTTI-WELLSPRING



5 Small Tips

that Make a Big Difference

- 1. Clean and give.** After a deep cleaning, keep items out of the landfill with a stoop or garage sale, a posting on craigslist.org or by "freecycling" at www.freecycle.com. Almost 4 million people worldwide freecycle by connecting their unwanted stuff to people who can use it. Check it out!
- 2. Unplug it.** Things like your car charger, DVD player, appliances, TV, cable boxes, gaming stations, computers, stereos, power strips, etc. use a surprising amount of energy by just being plugged in. Unplug them while you're at work or sleep to save and reduce energy use!
- 3. Know your footprint.** An ecological footprint is the amount of air, land and water that is required to provide us with the resources we use (including clothing, food, transport, furniture, electricity) and to absorb the waste we produce (including air pollution, sewage, rubbish). To measure your ecological footprint and take small steps to reduce it, go to www.earthday.org/footprint/index.asp.
- 4. Cut the junk (mail).** The average U.S. household receives 1.5 trees' worth of junk mail each year, much of which is thrown right into the trash. If you want to reduce the amount of junk mail you receive, register with the Mail Preference Service. It costs a dollar, but you can do it easily online at www.dmaconsumers.org/cgi/offmailinglist. For the junk mail you continue to receive, remember to toss it in the recycling!
- 5. Choose a laptop.** If you're planning to buy a new computer, consider getting a laptop or notebook instead of a desktop. Laptops require materials and less energy to produce than desktops and use a fraction of the electricity to run. If you choose a laptop over a desktop, you'll save an average of 220 kilowatt-hours per year and about \$20 on your annual electricity bill.

*"In the end, we conserve what we love. We love only what we understand.
We will understand only what we are taught."*