



**AVEDA
FREDRIC'S INSTITUTE**
DEVELOPING FUTURE LEADERS IN THE WORLD OF BEAUTY AND WELLNESS™
CINCINNATI | INDIANAPOLIS

Why Wait? Make A Difference Now!

50 Tips To Help Save The Planet

1. Replace incandescent lamps with energy smart compact fluorescent light bulbs (CFL). If every American home replaced just one light bulb with an ENERGY STAR qualified light bulb, we would save enough energy to light more than 3 million homes for a year, more than \$600 million in annual energy costs, and prevent greenhouse gasses equivalent to the emissions of more than 800,000 cars. *energystar.gov
2. Paper or Plastic? Neither. Take your own bags to the grocery store. Reusable bags will prevent plastic and paper bags from going into the landfill every year. If you **must** take a bag, choose paper, it can be recycled.
3. Insulate. It will save you money on heating and cooling. Use eco-friendlier materials like recycled paper, denim and plant cellulose. It will increase your homes' value and decrease noise pollution. Get cash back; the Federal Government could rebate you 10% of the price of your installation. *idealbite.com
4. Use your own refillable, reusable travel cup. If you purchase a cup of coffee everyday in a disposable container you create about 23 lbs. of waste every year. Also many coffeehouses offer a discount for using your own cup! *idealbite.com
5. Use a fireplace to keep warm instead of cranking up the heat. Try using a Duraflame™ log. It is made without petroleum waxes and uses 100% renewable resources. Natural waxes and oils are blended with recycled wood sawdust and agricultural biomass to produce an all-natural firelog. It burns longer so you won't need to use as much firewood. Burning Duraflame™ firelogs saves 1.2 million trees from use as firewood each year. *duraflame.com
6. Install programmable thermostats. They automatically adjust your homes' temperature settings, allowing you to save energy while you are away or sleeping. When used properly you will save about \$150 a year. *energystar.com
7. Use soy or beeswax candles. They are made from a renewable resource, and are completely biodegradable. They emit no carcinogens, and burn much cleaner than paraffin-based candles. And soy and beeswax products support farmers.
8. Use a donation linked credit card for the Earth. Each time you make a purchase you donate money to an organization that will help the Earth. Earth Rewards MasterCard contributes 1% to climate projects. To apply visit myearthrewards.com.
9. Use environmental cleaners like Simple Green™ or make your own. Simple Green™ is nontoxic and biodegradable and comes in concentrated formulas so you use less. Simple Green™ uses easily recyclable and PVC-free packing. Visit simplegreen.com or, to find out more about making your own natural cleaning products visit www.eartheasy.com.
10. Reclaim your mailbox. 62 Million trees and 28 billion gallons of water were used to produce U.S. Mail for just one year. 50% of all U.S. Mail is discarded unopened. To Eliminate Junk Mail - Contact the Direct Marketing Association to be removed from many companies mass marketing mailing lists for up to five years. Learn how by visiting <http://www.dmchoice.org/consumerassistance.html>. *globalstewards.org

11. Combine trips and errands into one. Consolidate trips to destinations that are near one another. Once you arrive, park and walk between destinations. Save errands for one day and plan your trip so you don't retrace your route. You not only save gas this way, but reduce wear-and-tear on your car.
12. Fix it! Don't throw it out and buy a new one.
13. Turn off water when you brush your teeth - don't let it run. The average person brushes their teeth for 90 seconds, and the average faucet puts out 2 gallons of water a minute. So turning off the water when you brush your teeth can save almost 3 gallons of water. *ecojoes.com
14. Cut down on toilet water waste. Put an inch or two of sand or pebbles inside each of two plastic bottles to weight them down. Fill the bottles with water, screw the lids on and put them in your toilet tank, safely away from the operating mechanisms. They may save ten more gallons of water per day. Be sure at least 3 gallons of water remain in the tank so it will flush properly. For new installations, consider buying a low flush toilet which uses 1 to 2 gallons per flush instead of the usual 3-5 gallons. *eartheasy.com
15. Recycle. Recycling is the 3rd R in the three R's: Reduce, Reuse, Recycle. Recycling means taking a product or material at the end of its useful life and turning it into a usable raw material to make another product. While recycling has grown in general, recycling of specific materials has grown even more drastically: 50% of all paper, 34% of all plastic soft drink bottles, 45% of all aluminum beer and soft drinks cans, 63% of all steel packaging, and 63% of all major appliances are now recycled. *earth911.org
16. When washing your hands use cold water. Every 10 degree drop in H2O temperature saves you 3% - 5% on water heating costs. Most faucets spit out 2 gallons per minute while you're waiting for the water to heat up. *idealbite.com
17. Plant trees to reduce your global footprint. As trees grow, they help stop global warming by removing carbon dioxide from the air, storing carbon in the trees and the soil, and releasing oxygen into the atmosphere. Trees also provide us with shade, block cold winter winds, attract birds and wildlife, purify our air, prevent soil erosion, clean our water, and add grace and beauty to our homes and communities. *arborday.org
18. Don't use pesticides, herbicides or chemicals on your lawn. Pesticides are poisons to kill insects, weeds and organisms that cause plant diseases. Many are known or suspected to cause cancer, birth defects, and infertility. They can also damage the brain and nervous system and lungs, kidneys, liver, endocrine and immune systems. Instead use alternatives such as: corn gluten, hand weeding, hot water and vinegar, weed wackers, and proper mowing and watering. *pesticides.org
19. Start a compost bin. Compost adds nutrient-rich humus which fuels plant growth and restores vitality to depleted soil and it is a natural alternative to chemical fertilizers. Composting can divert 30% of household waste away from the garbage can. One-third of landfill waste is made up of compostable materials. Learn how to start your compost bin by visiting www.eartheasy.com.
20. Use a cloth instead of a paper towel. Americans send 3,000 tons to the landfill each day. *idealbite.com
21. Use biodegradable trash bags. Regular plastic bags take eons to decompose and actually help preserve what is inside. Biodegradable bags degrade in as few as 10 days. If you can't find biodegradable bags, then purchase bags made from 100% recycled plastic. *idealbite.com
22. Use rechargeable batteries instead of disposable batteries. Batteries not only take up landfill space they can leak into the Earth. If you have a choice, plug in the device instead of using batteries. *sharingtheplanet.org.
23. Buy Energy Star. The next time you need to purchase a new appliance, make sure to purchase products with the ENERGY STAR label. Americans saved enough energy alone in 2006 to avoid greenhouse gas

emissions equivalent to those from 25 million cars, all while saving \$14 billion on their utility bills.

*energystar.gov

24. Get better gas mileage by following these easy tips: Go easy on the brake and gas pedal, avoid long idles, avoid carrying unneeded items in your trunk, avoid high speeds (you improve your gas mileage about 15% by driving at 55 mph rather than 65 mph), use your air conditioning only when necessary, use overdrive, keep tires properly inflated and aligned and get regular engine tune-ups and car maintenance checks.
*www.epa.gov
25. Unplug appliances or chargers after use. Many appliances continue to draw a small amount of power even when they are plugged in and even when they are switched off. *coned.com
26. Drive smart. If you can, use biodiesel or E85, and the next time you need to purchase a vehicle consider buying a hybrid. Combine your trips and carpool. For more information visit www.eere.energy.gov.
27. Use non-aerosol products. Aerosol products contain carcinogenic chemicals that are converted into carbon monoxide in the body. Non-aerosol product bottles can be recycled unlike the aerosol cans.
28. Use essential oil based perfumes. They don't contain allergy-inducing chemicals and are preservative free.
29. Be aware of smog alerts. Smog Alerts may soon become a problem in the winter, not just the summer. Recent adjustments to federal regulations have tightened the PM standard, increasing the possibility for Winter Smog Alerts issued due to high PM levels. Wintertime open burning and warming up cars, combined with weather inversions, can make PM-based Winter Smog Alerts a reality. Remember to use gasoline powered lawn equipment after 6 p.m., keep your vehicle maintained, combine trips, eliminate unnecessary vehicle trips and refuel your vehicle after 6 p.m. Spread the word. *hcdoes.org/airquality
30. Support schools and churches by recycling your paper. Look for the bright green and yellow recycling containers throughout your community. *Abitibi Paper Retrievers Community Recycling Program helps the environment while helping raise money. Recycle all your magazines, shopping catalogs, newspapers, office & school paper and mail. *paperretriever.com
31. Visit your local library. Your library card gives you free access to books, movies, music and more. Go online to reserve your selections or renew borrowed items. Plus borrowing keeps paper and plastic out of production. Share magazines and books or start a book trading club!
32. Clean out your closet. Statistics show you use 20% of your wardrobe 80% of the time. Donate to local organizations or share hand-me-downs.
33. Recycle your old ink cartridges and buy refillable cartridges. It takes 80% less energy to remanufacture plastic than to produce it new. And remanufactured laser cartridges use about half the amount of oil (a non-renewable fossil fuel) needed to make brand new ones. So buy recycled cartridges to begin with, they cost 75% less and you will save them from entering the waste system. It takes an average of 450 years to decompose. *thedailygreen.com and idealbite.com
34. Buy eco-friendly products that contain recycled or post-consumer contents.
35. Use an energy saving program on your computer so it automatically goes to sleep. Desktop computers can cause 1,500 lbs. of CO2 per year; enabling sleep mode can reduce energy consumption by up to 70% and save you up to \$75 per computer per year. *idealbite.com
36. Buy a house plant. House plants can be very beneficial in our lives. They purify and renew our indoor air by filtering out toxins, pollutants and the carbon dioxide we exhale - replacing them with life sustaining oxygen. Try philodendrons, spider plants and pothos - found to be the most efficient in removing formaldehyde. As a rule of thumb allow one houseplant per 100 square feet of living. The more vigorous the plant, the more air it can filter. *blankees.com

37. Avoid toxic bug repellents. Make your own with eucalyptus, citronella, cedar or other natural ingredients to keep bugs away. Most of these essential oils tend to give short lasting protection (usually less than 2 hours) but, reapplying the essential oils is a small price to pay for keeping a child or you protected from insects while free from potentially harmful insecticides. *hpakids.org
38. Lower your water heater's temperature to 120°F. With each 10°F reduction in water temperature, you can save between 3% to 5% in energy costs. It will also slow mineral build up and corrosion in your water heater and pipes. *eere.energy.gov
39. Warm up to cooler water. Using hot water for both washing and rinsing uses three and a half times more energy than washing in warm water and rinsing in cold. If every U.S. household used the most efficient washers, it could save the equivalent of up to 40 million barrels of oil a year. *earthshare.org
40. Reduce the need for ironing. Take your clothes out of the dryer slightly damp and hang them up. Save energy including your own.
41. Check your dryer's outside vent. Make sure it is clean and closes properly, or it could allow cold air into your house.
42. Be a green consumer. Support environmentally conscience companies. *treehugger.com
43. Use less paper by using voicemail or email. Send an e-card. Most greeting cards are not made from sustainable paper. If you are going to send a card, buy recycled and veggie inks.
44. Eat leftovers. Americans already throw away an average of 163 lbs. of edible food per person per year. Get creative and whip together new meals with leftovers. *idealbite.com
45. Buy organic foods and products with organic ingredients. Recent studies show that a global shift to organic farming could still provide enough foods for everyone, while lowering the pesticide levels. *idealbite.com
46. Optimize your home to let more daylight in. Lack of light can cause your body to become out of sync, or you can become depressed, especially during the winter months. Artificial lighting adds up to almost 15% of a homes electricity use. Daylight optimization lowers this amount. *idealbite.com
47. Use LED bulbs instead of the conventional ones for your holiday lights. LED bulbs use 90% less energy as the traditional ones. Burning 10 strands of lights with 100 lights per strand, eight hours per day for a month costs \$175 for incandescent bulbs verses about \$1 for LED mini-bulbs. *idealbite.com
48. Give the Gift of Sight. Donate your old glasses. Reusing glasses means saving the energy and materials to make a new pair while delivering clear vision to someone in need. For drop off locations visit: givethegiftofsight.com
49. Use glass, stoneware or ceramic reusable containers. They are safer than plastic. Some plastics have harmful chemicals that can leach onto food. You can take glass or ceramic from the fridge to the microwave without leaching toxins. Disposable plastic baggies can take 1,000 years to decompose. *idealbite.com
50. Wear layers of clothing instead of turning up the heat or turning down the air conditioner. If you are cold put another layer on, if you are hot take a layer off.