



TIPS FOR HELPING THE ENVIRONMENT

1. Switch your billing statements from paper to electronic.



2. To reduce your carbon footprint with your beverage consumption, use a reusable water bottle and coffee container.



3. Place plants around your home or office. Plants absorb indoor pollution

5. Reduce paper usage. Print on both sides. Save as PDF. Reuse paper **OR** use the option of electronic documents. Switch to electronic newsletters, directives, etc.



6. Turn off your computer and other electronics at night and unplug the adapter. Even an idle adapter draws energy. Did you know? Cost of running a computer $24 / 7 / 365 = \$236.56$ a year.

7. Turn off lights when you leave a room.



8. Give up plastic bags



4.



Use public transportation



foot power



and car pooling to get to work



PLANT TREES...

10.



...SAVE EARTH

9. Conserve Water



Four Tips to Help Conserve Water Indoors

- Turn off faucet while brushing teeth.
- Take shorter showers.
- Fix leaks in faucets, showerheads and toilets.
- Only wash full loads.