

## Thinking Outside the (Cardboard) box!



41. Use white vinegar instead of fabric softener in your laundry. (It works!) ♻️
42. Use a 50/50 white vinegar & water mixture to clean glass instead of harsh chemicals. ♻️
43. Sell clothing at consignment shops or donate to thrift stores. Buy clothes there, too.
44. Have clothing that doesn't fit or is out of fashion tailored to fit, or reconstructed into something different, like a purse, pillow or quilt.
45. Take old vases back to florist shops to be reused. Hospitals or nursing homes can use them, too.
46. One person's junk is another person's treasure! Before you throw it out, visit <http://www.freecycle.org>. There is a Poweshiek County group where people in the area give and receive unwanted items.
47. Use old CDs as coasters, create wall art, or hang from fishing line in the garden to scare away birds, rabbits and other pests.
48. Take old magazines to nursing homes or schools to be read or used for crafts.
49. Rent or borrow infrequently used equipment rather than buying one for yourself. ♻️
50. Share! Books, party supplies, clothes. Swap with friends. ♻️

***Being Consciously Creative is a Great  
Way to Go Green!***

## These tips and more can be found at:

- <http://www.grinnell.edu/etal/green>
- <http://ww.energystar.gov>
- <http://ww.americarecyclesday.org>
- <http://homeparents.about.com/od/recycle>
- <http://www.pioneerthinking.com/recycle.html>
- <http://www.kcci.com/green-pages/index.html>

### Notes:

*(Hear something you like, jot it down!)*

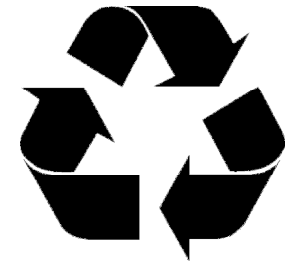
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# 50 Tips

*for Going Green  
at Work & at Home*

**Compiled by the 2008 Spring Staff  
Luncheon Committee**



## If you don't remember anything else:

1. **Reduce:** Reducing is best! If you don't use it in the first place, you are saving money and energy and stopping pollution and waste.
2. **Reuse:** Reusing comes second. Find new life for items that would normally be thrown away. Even just one second use helps reduce what you need to buy again.
3. **Recycle:** Recycling is a distant third to the first two. Recycling requires fuel, energy and water consumption for transportation and reprocessing. However, it is still better than throwing items away, only to end up in a landfill.

*Many of the tips inside follow the three principles above. Watch for the ♻️ to signify "double green" tips. Go green, and save some green!*

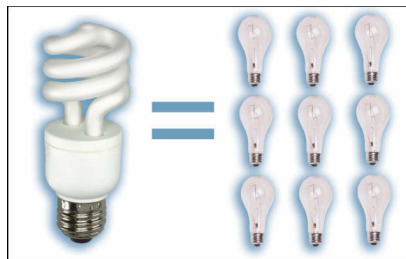
## Gasoline

4. Ride, walk or take public transportation whenever possible. 💡
5. Accelerating gradually, using cruise control, and keeping your tires properly inflated increases your gas mileage. 💡
6. Carpool with others, if you can 💡

## Computers and Electronics

7. Turn your computer off when you aren't using it. 💡
8. Set your computer and monitor to sleep/standby when inactive for too long. A computer in sleep mode uses about 5% of the energy as one on screen saver! 💡
9. Look for the Energy Star label when buying a new computer or other electronic device. Consider buying a flat screen monitor or a laptop model. 💡
10. Recycle your cellular phone. Over 30 million are produced each year, and only 5% of used phones are recycled.
11. Turn off TVs, radios and stereos when you aren't using them. 💡
12. Many appliances consume electricity even when off! To avoid "phantom loads," plug all electrical cords into a power strip and turn the strip off when not using any of them. 💡
13. Phone chargers, laptop cords, printers, etc. all draw power when unused. Consider a power strip, as mentioned above. 💡
14. Consider working with another office to collect computer disks and other "technotrash" for recycling through <http://www.greendisk.com>.

**15. Use rechargeable batteries.**



## Lights

16. Always turn off lights when you leave a room. 💡
17. Utilize natural light whenever possible. Open your blinds, enjoy the sunlight! 💡
18. Use only Compact Fluorescent Light (CFL) bulbs in all your lights. They use 75% less energy and last 10 times longer! 💡
19. Turn off lights in bathrooms, lounges and other common areas. 💡

## Paper and other Disposables

20. Print on both sides when you can. 💡
21. Change the default margins on your word processing program to .75 inches or less. It will save paper, especially on longer documents.
22. Getting paid by direct deposit? Get your paystubs electronically! Visit <http://ipay.adp.com>; Grinnell's company codes: 6PP for bi-weekly employees, 6PQ for monthly employees. For more info, contact Payroll at x4500.
23. Buy items in bulk to reduce packaging waste.
24. Keep a "shopping" list of items needed around the office. Then place one large order to reduce packaging waste. Consider pooling orders with another office.
25. Use canvas or other reusable bags when shopping.
26. Bring your own coffee mug or refillable water bottle to work instead of using paper or Styrofoam cups.
27. Stock the break room with silverware and plates that can be washed, instead of disposables. 💡
28. Compost your food scraps and yard waste, keeping it out of landfills. Use the compost to enrich your garden soil.

**40. Wash clothes in only warm or cold water.**

Nearly 85% of energy used for laundry comes from heating the water.

## Appliances & Home Energy

29. Plant a tree on the west side of your home. It could save you up to 12% on energy bills after 15 years. It also reduces carbon dioxide and makes cleaner air. 💡
30. Set your home and office refrigerator temperature between 36 and 42 degrees Fahrenheit. 💡
30. Clean your furnace filter and refrigerator coils once a month to increase efficiency and the life of the product. 💡
31. A programmable thermostat that lowers the temperature in winter (or raises it in summer) when you are away or sleeping saves energy and money. 💡
32. When purchasing new appliances, look for the Energy Star label. Consider geothermal heating and cooling for your next furnace/air conditioner. 💡
33. Use the microwave, toaster oven, or other small appliances instead of the oven or range. They use less energy and won't heat up the house. 💡



## Water

35. Take the shortest showers you can. 💡
36. Turn the water off when you are brushing your teeth or shaving. 💡
37. Wash only full loads of laundry. 💡
38. In buildings with dual-flush toilets, like Noyce, use the appropriate flush.
39. Cleaning your fishbowl, or emptying a vase? Use the water on your houseplants or in your garden. 💡