

BE THE CHANGE

Quick Reference Guide – Reduce/Reuse

REDUCE TRASH & WASTE:

- Compost kitchen scraps & yard waste
- Recycling (just about everything)
- Mulch mow your yard
- Reusable containers
- Buy in bulk when needed
- Purchase smaller when needed
- Homemade cleaners in reusable containers
- Grow organic food when possible
- Reuse store bags (preferably paper)
- Return hangers to cleaners
- Take toxins to hazardous drop offs
- Donate Discards to local charities
- Recycle computers & electronics
- Stop junk mail delivery
- Use rechargeable batteries
- Plan your purchases-don't over buy
- Freeze leftovers
- Reuse gift bags and decorations
- Use ceramic and glass dishware

REDUCE EXPENSES:

- Reusable containers
- Buy in bulk or smaller depending on needs
- Use cloth napkins and towels
- Use cloth or newspaper for cleaning
- Hang laundry to dry (inside or outside)
- Turn off unused electrical appliances
- Open dishwasher for drying
- Wash laundry in cold water
- Water saving products for toilet and faucets
- Insulate hot water tank
- Set hot water tank at 130° or below
- Install "hot-on-demand" hot water heater
- Chalk or foam cracks in exterior walls
- Insulate exterior walls and attic
- Weather-strip doors and windows
- Close off unused rooms
- Homemade cleaners
- Programmable thermostats
- Install insulated curtains and blinds
- Open curtains for solar warmth
- Plant trees to shade the house
- Use/install Energy Star products
- Grow organic food when possible
- Buy rechargeable batteries
- Plan your purchases

Please visit www.gpei.org for more information and resources!

Trash facts (from Sedgwick County Environmental Resources):

- 44% of junk mail is never opened
- 1/3 of all garbage is packaging
- 200 million gallons of motor oil are improperly disposed of each year
- 500 million oil filters need to be disposed of each year
- 359 million magazines & 24 million newspapers are published each year
- An estimated additional 5 million tons of waste are generated during the holidays
- The average office worker goes through 500 disposable cups each year

ALL of these items listed above - in fact, just about everything we use -can be recycled.

When we recycle everything we possibly can and compost our kitchen scraps and yard waste, we cut down our waste going to the land fill tremendously.

YOU CAN:

Have limited items picked up at the curb by a trash company for \$1.00 - \$3.00 per month.

Take your recycling to a drop-off place:

Pro-KS/Miller Recycling - 725 E Clark, Wichita, KS 67211

Is a Non-Profit Recycling organization that takes almost everything. For further information you may reach them at www.recyclewichita.org/ or **316.269.1359**.

Wichita PC is located at 2960 W Central, Wichita – their phone number is **316.448.0433** this is a great place to recycle ALL of your electronics.

Another comprehensive resource for Sedgwick County recycling is:
www.sedgwickcounty.org/environment/recycling.html

For household hazardous waste, go to the above site for Sedgwick County and click on the hazardous waste button on the right.

It is very easy setting up recycling in your home. All you need is a small area to put containers in. You can set up bags or containers for each item, or throw it all together and sort it at the drop-off. If you are doing curbside, your trash company will have their own guidelines. Start today to feel better about the waste we all generate!

Another resource is FreeCycle at <http://freecycle.org/> an internet based sharing of items you no longer want or items you are looking for.

For information on handling and recycling compact fluorescent light bulbs:
www.lamprecycle.org/

CONSERVE FOR YOURSELF

CONSERVE FOR YOUR CHILDREN

CONSERVE FOR YOUR CHILDREN'S CHILDREN

CONSERVE FOR SEVEN GENERATIONS OF CHILDREN TO COME



- Turn off lights when you leave a room
- Turn off appliances, tv's, and electronics when not in use - better yet, plug all electric appliances and electronics into power strips that can be turned off. The energy savings can be up to 1/3 off your electric bill
- Don't leave water running needlessly - especially when brushing teeth and washing dishes
- Use water from cooking vegetables for soup stock
- Check your plumbing for leaks and insulate pipes in unprotected areas - needing less energy to heat
- Close off rooms that are not in use and close air/heat vents
- Caulk, weather strip and seal windows and doors
- Foam around electric outlets to seal
- Change or clean filters in furnace to increase airflow allowing unit to work less
- Insulate attics and outside walls
- Update windows and doors for best seals
- Use rechargeable batteries
- Don't use electric appliances for jobs you can do easily by hand
- Install energy-saving flows on faucets
- Install water saving toilets
- Use insulated curtains and blinds
- Open curtains/blinds in winter for warmth
- Close curtains/blinds on sunny sides of house in summer
- Open windows as much as possible and use fans - raise A/C temp
- Dress for the weather in winter (adding layers) - lower Heater temp
- Add blankets and comforters at night in winter - lower Heater temp even more
- Close off fireplace with a glass door unit - allows heat to radiate out into the room
- Close fireplace damper when not in use
- Insulate/wrap hot water heaters
- Lower hot water heater temps to 130°
- Install Hot-On Demand hot water for whole house
- Wash laundry with cold water
- Hang clothes to dry - whether inside or outside
- Open the dishwasher for the dry cycle
- Put a catalytic converter in your wood stove
- Install timers for outdoor lighting, and inside when away from home
- Purchase a hybrid or high mileage vehicle
- Install compact fluorescent bulbs
- Install programmable thermostats
- Replace windows, doors and appliances with Energy Star products-information at www.energystar.gov/
- When building a new home, or remodeling, think about radiant heat or new baseboard heating systems - no more air ducts! This also allows you to have different settings for each room, saving a tremendous amount of money, not heating, or overheating rooms
- Get an energy audit - you can call your utility provider and ask them to do an energy audit (usually free) or this is one Kansas resource: www.ratingsalliance.org/raters/ks.htm
- Install solar power when possible - there are many different solar energy systems now and the technology has improved so there is no longer a problem with storage of the power
- Let legislators know we need to be able to sell back to the power companies when we are generating more power than we need
- Encourage your local, state and national legislators to make wind and solar power a priority

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WORKING TOGETHER TO CARE FOR EARTH

A GUIDE TO CHANGES IN HABITS AND ATTITUDES

YOU CAN DO THIS NOW!!!

When you are starting to make changes in your lifestyle, work at a pace that you can sustain. If you try to make the changes too fast you may burn out and feel it is too hard to do. As you incorporate these changes into your life then you will find your lifestyle changing as you continue on your path of ecological growth. Remember that each thing we do, no matter how small it seems, truly does make a tremendous impact when all of our efforts are combined.

HELP US MAKE

EVERY DAY • EARTH DAY!

*printed on 100% post-consumer paper