



How can you live “green”?

- Conserve energy
 - Use natural energy sources
 - Conserve water
 - Use natural cleaners
 - Control waste
 - Reduce, Reuse, Recycle
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ADDITIONAL RESOURCES

For information regarding Johnson Park Center’s green initiatives, see:

www.johnsonparkcenter.org/green-lead

For additional green living tips, see:

www.nrdc.org/greenliving
www.thegreenguide.com
www.greenlivingonline.com

Energy Efficiency

www.energystar.gov
www.consumerenergycenter.org

Water Efficiency

www.epa.gov/watersense

Renewable Energy Sources

www.altenergy.org

Waste & Recycling

www.ohswa.org

Indoors & Cleaning

www.greenguard.org

“GREEN” LIVING

Making choices that are good for the earth and good for your health



Johnson Park Center
Week of Celebration
July 2012

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CONSERVE ENERGY

Using less energy means lower utility bills and saves money. To conserve energy:

- Turn lights off when you leave a room or use occupancy sensors.
- Use compact fluorescent lamps (CFLs), which use 66% less energy than incandescent lamps.
- Open blinds and curtains to let natural light in your home.
- Unplug electronics and turn off computers and TVs.
- Use ENERGY STAR® appliances. ENERGY STAR is a program of the U.S. Environmental Protection Agency that identifies energy efficient products.
- Close the refrigerator door quickly and clean the dust off coils.
- Do not use space heaters.
- Wash clothes in cold water.

CONSERVE WATER

Less than 1% of the Earth's water can be used by people – the rest is salt water. Conserving water saves energy and money. To conserve water:

- Take shorter showers.
- Turn off water while brushing teeth, washing hands, and washing dishes.
- Install low-flow toilets and shower heads. Use WaterSense labeled products.
- Fix leaky faucets immediately.
- Run only full loads of dishes in the dishwasher and clothes in the washer.

USE NATURAL ENERGY SOURCES

Natural and renewable energy is made from resources Mother Nature can replace, like wind, water and sunshine. Using natural and renewable energy sources will reduce our dependency on fossil fuels, such as coal, gas and oil. Examples of natural energy sources include:

- **Geothermal** – The earth beneath our feet contains a significant amount of energy in the form of heat. This is referred to as geothermal energy. About four feet underground, the temperature of the Earth stays the same all year long, about 55 degrees. Geothermal heat pumps can be used to harness the Earth's energy to heat and cool homes and buildings.
- **Solar** – Solar panels can be used to harness the sun's energy. This energy can be used to provide a renewable source of electricity or even a hot water supply. More than 10,000 homes in the US are powered by solar energy.
- **Wind** – Wind turbines can be installed in single applications or as part of a wind farm. Harnessing the wind's energy with a wind turbine can provide a source of clean and renewable electricity for a single home or even large or small communities. Wind farms currently produce enough electricity to meet the needs of more than 600,000 families in US.



REDUCE WASTE & RECYCLE

Reduce – Reduce the amount of things you buy and use and you will have less to throw away. Look for products with little or no packaging and “post-consumer recycled-content” labeling.
Reuse – Keep using the same things as many times as you can. Use reusable shopping bags, glass containers, and water bottles (BPA-free).
Recycle – Find new ways to use old things and recycle plastics, metal, glass, paper and cardboard. All recyclable items can be mixed together in the same recycling container.

FUN FACTS

Throwing things away that could have been recycled wastes energy, water and natural resources. Each American generates 4.5 lbs of waste per day and over 1,600 lbs per year, but only 30% is recycled.

Recycling 1 ton of paper saves: 17 trees; 7,000 gallons of water; 4,100 kwh of electricity – enough energy to power the average American home for 5 months!

Recycling one aluminum saves enough energy to run a 100-watt light bulb for 20 hours, a computer for 3 hours, and a TV for 2 hours!

Recycled plastic can be used to make many new products, such as fabric for T-shirts, shoes, and coats, luggage, fiberfill for sleeping bags and even toys.

Glass never wears out. It can be recycled forever! However, one ceramic coffee mug alone in a truckload of glass is enough to contaminate the entire load and cause it to be rejected from recycling.