

EARTH DAY 2009

Ways to take care of the Earth that God has given us:

Food

Buy organic. Buy locally grown (at farmer's markets). Buy only what you will consume, and then use all you buy. Put on your plate only what you will eat, and then eat all on your plate. Eat fewer meat meals each week. Reduce the use of pesticides/fertilizers.

Travel

Carpool. Walk or bicycle. Maintain tire pressure. Change oil/air filter. Use a fuel-efficient or hybrid vehicle. Off-set miles flown on airplanes.

Energy & Water Use

Buy & use energy efficient appliances. Get a programmable thermostat or adjust thermostat when you leave the house (10° down in winter, 10° up in summer). Replace filters every 3 months.

Repair leaks around windows/doors. Use ceiling fans. Keep drapes & blinds closed at night in winter and during the day in the summer to reduce heating and cooling needs.

Replace incandescent light bulbs with compact fluorescent light bulbs. When not in use, turn off lights, TV, computer, appliances (at the strip or plug). Use microwave/toaster oven/slow cooker rather than oven/range.

Run full loads in the dish washer, washer & dryer. Use cold or warm water when washing clothes; rinse in cold water. Open the dishwasher and air dry dishes instead of using the hot air dry cycle. Turn down hot water heater to 120°. Shorten shower time to conserve hot water. Do not let water run while doing tasks such as brushing teeth. Repair water leaks.

Avoiding Waste

Avoid paper products when possible or use those made of recycled paper. Use acid-free/chlorine free printer paper. Avoid use of plastic and Styrofoam. Recycle glass, aluminum, plastic, newspaper, cardboard, batteries, printer cartridges, cell phones, plastic bags. Buy products with less packaging. Use canvas bags for shopping. Compost.

Household Cleaning

Try the following green cleaner recipes:

All purpose cleaner:
3 tsp. liquid soap, or
¼ cup vinegar, or
¼ cup lemon juice, or
¼ cup Borax
(per gallon of water)

Oven Cleaner:
Clean grease with
rag & vinegar. Sprinkle
salt on spills. Let sit
for a few minutes, then
scrape & wipe clean.
For stubborn spots,
use baking soda and
steel wool.

Stain Remover:
Soak fabrics in water
mixed with borax,
lemon juice, hydrogen
peroxide, or white
vinegar.