

Ways to Be More Sustainable!

AT HOME

Reduce Your Waste

- Look to buy products with minimal packaging; buy in bulk
- Be resourceful—buy products that can be reused (cloth napkins); reuse towels, undershirts, etc. as dusting cloths
- Be frugal—use less of what you buy (cut paper napkins in half, buy paper towels that have half-sheets)

Reduce Harmful Chemicals

- Pick up pet waste
- Avoid Pesticides
- Use “green” cleaning products
- Use low VOC Paint (Volatile Organic Compounds); Regular paint makes the indoor air quality worse
- Buy Organic and/or Local foods from farmers markets, Westside Market, City Fresh stops, etc.

Reduce Your Energy Usage

- Turn off lights/appliances when not used (\$)
- Unplug Appliances—Use a Power Strip (\$)
- Use Compact Fluorescent Light bulbs (CFLs) (\$)
- Take quicker showers (\$)
- Wash clothes in cold (\$)
- Buy a car with good gas mileage (Hybrid?) (\$)
- Reduce car trips; bike, walk, or take public transportation instead
- Thermostat—turn it up in the summer and down in the winter (\$)
- Set your water heater to 120° (\$)
- Use ceiling fans (\$)
- Buy Energy Star appliances (\$)
- Get an Energy Audit (\$)

Reuse

- Use canvas bags
- Bring Tupperware along
- Buy recycled disposable items: Toilet paper, paper towels, plastic plates and utensils, aluminum foil (Look for “recycled content” on the packaging)
- Use water bottles: Plastic # 2, 4, or 5 or aluminum (\$)
- Clothes and shoes—Donate or swap (\$)

Recycle

- EPA reports 1 person creates 4.5 pounds of trash a day!
- What CAN you recycle? Plastics 1-7, aluminum, metal, glass, paper, cardboard
- What CAN'T you recycle? Broken glass, light bulbs, ceramics, Styrofoam, Pyrex, aerosol cans, soiled boxes/paper, anything covered in wax paper
- Special recycling: computers, telephone books, tires, household hazardous waste, Christmas trees
- Recycle your food scraps—Compost Outdoor Bin/ Indoor Bin—vermacompost (worm bin) (\$)
- Recycle rain water—Use Rain Barrels to collect rain water to water garden or wash your car (\$)

For more information, see the City's website on recycling: <http://www.cleveland-oh.gov/government/departments/pubservice/waste/#guide>



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CITY OF CLEVELAND
Mayor Frank G. Jackson



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AT WORK

Reduce Your Waste

- Turn off lights
- Turn off computer monitor/ speakers
- Change temp setting at work station (if possible)
- Take the stairs
- Don't print everything—read on the computer screen
- Scan documents to make electronic files; send via email
- Photocopy on both sides when possible
- Use electronic spreadsheets for timesheets
- When you have to print—Recycle!
- Recycle paper, cans, glass, plastic
- Use used paper as scrap paper

FOR MORE INFORMATION ON HOW TO LIVE MORE SUSTAINABLY, CHECK OUT THESE SITES:

- Green City Blue Lake
<http://www.gcbl.org/>
- EarthDay Coalition
<http://www.earthdaycoalition.org/>
- Entrepreneurs for Sustainability
<http://www.e4s.org/>
- Green Energy Ohio
<http://www.greenenergyohio.org/>
- New American Dream
<http://www.newdream.org/>
- Green Living Online
<http://www.greenlivingonline.com>
- LIME
<http://www.lime.com/>
- Gaiam
<http://www.gaiam.com/>



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