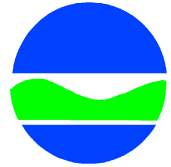


NEW YORK STATE EARTH DAY TIPS

Fifty Ways to Help Our Environment!



AT HOME!

In the kitchen...

- ✓ Set the refrigerator temperature between 38°F and 42°F.
- ✓ Set the freezer temperature between 0°F and 5°F.
- ✓ Microwave whenever you can.
- ✓ Don't wash dishes with the water running.



In the dining room...

- ✗ Use napkin rings and cloth napkins.
- ✗ Set washable plates, cups and silverware.
- ✗ Serve condiments from recyclable containers.
- ✗ Provide personal glasses for soft drinks.



In the laundry...

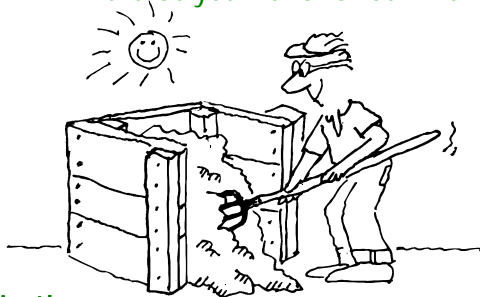
- ★ Wash and dry only full loads.
- ★ Wash with warm water instead of hot.
- ★ Rinse with cold water instead of warm.
- ★ Hang wash out to dry.

In the bathroom...

- ✿ Shut off the sink while brushing your teeth.
- ✿ Shut off the shower while soaping or scrubbing.
- ✿ Install a low-flow shower head.
- ✿ Reduce the volume of water in your toilet tank.

In the living room...

- ✿ Switch off unnecessary lights.
- ✿ Dress warm: don't turn up the furnace.
- ✿ Dress cool: don't turn on the air conditioner.
- ✿ Raise shades on winter days; lower them in summer.
- ✿ Reverse your fans for summer and winter operations as recommended.



In the yard...

- ◆ Compost leaves and grass clippings.
- ◆ Avoid pesticides, use nontoxic alternatives.
- ◆ Apply only as much fertilizer as the lawn needs.
- ◆ Water the grass early in the morning.

In the garage...

- ✦ Recycle motor oil, antifreeze and car batteries.

AWAY FROM HOME!

In the car...

- * Drive at the speed limit.
- * Avoid sudden starts or stops.
- * Don't top off the fuel tank.
- * Check the tire pressure monthly.
- * Change air and oil filters regularly.



At the store . . .

- ❖ Don't buy over packaged items.
- ❖ Choose products in reusable and/or recyclable containers.
- ❖ Buy concentrated cleaners and detergents.
- ❖ Return empty bottles and cans for deposit.
- ❖ Bring your own stringbag or cloth tote.

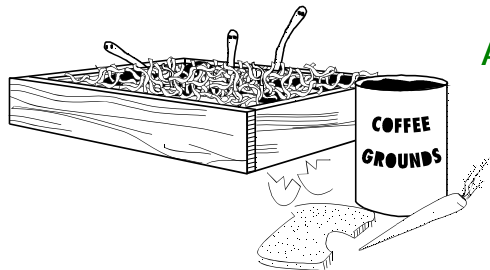
At work...

- * Send electronic copy whenever possible.
- * Copy reports and memos on both sides.
- * Circulate rather than copy paperwork.
- * Reuse tubes and envelopes for mailing.
- * Recycle paper.



At play...

- ★ Carry out what you carry in.
- ★ Hike, row, sail, ski or paddle - don't motor.
- ★ Build campfires with care.
- ★ Observe, don't disturb wildlife and plant life.
- ★ Share books, cassettes, magazines and videotapes with friends, hospitals and prisons.



At school . . .

- ❁ Copy bulletins and exams on two sides, make notes and drafts on scrap paper.
- ❁ Reuse textbooks and school supplies.
- ❁ Serve reusable trays, dishes and silverware.
- ❁ Compost cafeteria vegetable wastes.

To receive more tips, write:

NYSDEC
Earth Day
625 Broadway
Albany NY 12233-7253



printed on recycled paper