



# POLLUTION PREVENTION IDEAS FOR YOU

## IN YOUR KITCHEN

- ✓ Install a faucet aerator.
- ✓ Use cloth napkins and dish towels instead of paper.
- ✓ Make sure your dishwasher is full before running it.
- ✓ Wash out and reuse freezer bags and aluminum foil.
- ✓ Store food items in reusable containers.
- ✓ Use washable cloth rags instead of paper towels.
- ✓ Buy unbleached coffee filters. Or buy a reusable one.

## IN YOUR LAUNDRY ROOM

- ✓ Make your purchasing dollars count. When shopping for a washer and dryer, buy an energy-efficient, low-water model.
- ✓ Clean your clothes dryer's lint trap after every load.
- ✓ Give your dryer a vacation by hanging your clothes to dry.
- ✓ Use a phosphate-free detergent.
- ✓ Turn down your water heater to 130 degrees Fahrenheit, especially during the summer.
- ✓ If you have a baby, use cloth diapers instead of disposables.

## ALL AROUND THE HOUSE

- ✓ Turn off lights and televisions when not in use.
- ✓ Turn your thermostat up when you are out during the day.
- ✓ Replace incandescent light bulbs with energy-efficient fluorescent bulbs.
- ✓ Don't let energy go out the window (or door). Make sure your rooms are well insulated and doors to the outside are not left standing open.

## IN YOUR BATHROOM

- ✓ Rub-a-dub-dub more quickly. Take shorter showers.
- ✓ Install low-flow showerheads.
- ✓ Use less water when brushing those pearly whites. Turn off the faucet when brushing your teeth.
- ✓ Make your shower do double-duty. Hang clothes in the bathroom while showering to steam wrinkles out.
- ✓ Install a toilet dam to reduce the amount of water you flush away.

## AT THE GROCERY STORE

- ✓ Consolidate shopping outings; cut down on trips to pick up one forgotten item.
- ✓ Buy grocery items in bulk.
- ✓ Buy eggs in cardboard cartons instead of plastic foam cartons.
- ✓ When possible, buy organic.
- ✓ Buy items with less packaging.
- ✓ Tote your goods in style. Use canvas bags to carry your groceries.
- ✓ Look for less toxic alternatives to household cleaning products.

## IN YOUR YARD

- ✓ Water your lawn in the early morning or in the evening.
- ✓ Xeriscape and use water-saving native plants.
- ✓ Leave your grass clippings on the lawn.
- ✓ Compost fruit and vegetable scraps.
- ✓ Mulch your flowerbeds and shrubs.



## POLLUTION PREVENTION BEGINS AT HOME.

Celebrate National Pollution Prevention Week in September\* by incorporating some of these tips into your daily routine. You may find they not only save energy, reduce waste, and preserve our natural resources—they may also save you money!



\*National Pollution Prevention Week is the third full week in September, beginning on Monday and ending on Sunday.