

Five Areas Where Your Actions Make a Major Difference



1. Bicycle, BART or bus.
2. If you must drive, carpool or Rideshare.
3. When purchasing a car, choose a hybrid or one that runs on biofuels.
4. Keep your engine running efficiently with regular tune ups, oil changes, air filter replacements, and proper tire inflation.
5. Vacation closer to home and telecommute when you can.
6. Group errands together.
7. Drive less aggressively.



1. Avoid Driving

1. Replace incandescent bulbs with compact fluorescent lights.
2. If you're buying appliances, go for energy efficient appliances (look for the Energy Star label).
3. Turn off lights, computers, electronics, and small appliances when you're not using them. Unplug appliances or plug them into a power strip that you switch off.
4. Improve your home's insulation.
5. Insulate your water heater or install a tankless water heater.
6. Turn down your thermostat.
7. Hand-dry dishes and hang-dry laundry.
8. Consider installing solar panels.

2.

Make Your Home Energy Smart



3. Make Less Waste

1. Reuse or repair rather than replace.
2. Use a reusable water bottle, to-go mug or thermos, canvas shopping bag, napkin, etc.
3. Don't take home any new plastic bags, and reuse what you already have.
4. Use rechargeable batteries.

1. Recycle bottles, cans, and paper.
2. Compost yard trim and kitchen waste.
3. Take items with heavy metals, poisons or pollutants to a hazardous waste facility.
4. Properly dispose of batteries, computers, light bulbs, and other electronics. State regulations **ban** these items from your regular trash. Check StopWaste.org for disposal locations.



4. Dispose of Your Waste Properly

1. Shop locally.
2. Buy locally-grown organic fruits, vegetables and other groceries.
3. Buy the least packaged items you can find.
4. Buy less processed foods and products.
5. Know what is in the products you buys (toxins, recycled content, etc.)
6. Support companies that are doing things to be more sustainable.



5.

Consume Consciously



City of Albany



1000 San Pablo Avenue, Albany, CA 94706
TEL: 510-528-5760, FAX: 510-524-9359
<http://www.albanyca.org/dept/EnvironResources.html>



Courtesy of the Green Chamber of Commerce

www.greenchamberofcommerce.net