

## 100 Ways to Save The Environment

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### In Your Home – Conserve Energy

1. Clean or replace air filters on your air conditioning unit at least once a month.
2. If you have central air conditioning, do not close vents in unused rooms.
3. Lower the thermostat on your water heater to 120.
4. Wrap your water heater in an insulated blanket.

### In Your Home – Reduce Toxicity

29. Eliminate mercury from your home by purchasing items without mercury, and dispose of items containing mercury at an appropriate drop-off facility when necessary (e.g. old thermometers).



### In Your Office

49. Copy and print on both sides of paper.
50. Reuse items like envelopes, folders and paper clips.
51. Use mailer sheets for interoffice mail instead of an envelope. Use mailer sheets for interoffice mail instead of an envelope.
52. Set up a bulletin board.



### Ways to Use Less Water

73. Check and fix any water leaks.
74. Install water-saving devices on your faucets and toilets.
75. Don't wash dishes with the water running continuously.
76. Wash and dry only full loads of laundry.



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