

TEN SIMPLE WAYS TO SAVE MONEY, ENERGY AND HELP PRESERVE NATURAL RESOURCES

- 1. Replace those light bulbs.** Switch your incandescent light bulbs to compact fluorescent light (CFL), and where feasible, light emitting diode (LED) bulbs.
 - CFLs use about 75 percent less energy than standard incandescent bulbs. For example, a 26 watt CFL bulb is the equivalent to a 100 watt conventional incandescent bulb.
 - CFLs last up to 10 times longer with an average savings of \$35 over EACH bulb's lifetime, either 8,000 hours or 5 years based on average consumer use.
 - Please visit www.energystar.gov for more information.
- 2. Use less paper.** About 4 billion trees are cut down each year to satisfy the world's paper needs. You can save money while reducing waste that ends up in landfills:
 - Switching from paper towels and napkins to cloth. Use reusable dishware instead of paper plates and disposable utensils.
 - Stop junk mail from coming to your mailbox. Services such as Opt-Out Prescreen and Catalog Choice are both free and do a good job of stopping that flow.
 - View your favorite magazine or newspaper online. This option is often free saving you money on costly subscription rates. Roughly 90 percent of all magazines are discarded within a year and only about 44 percent are recycled. Over 60 million newspapers are printed in the U.S. per day and 44 million are thrown away.
 - Use online banking. While many are wary of this option it is much easier for a thief to grab the mail out of your mailbox than it is for them to access your online accounts. Online banking saves you time, money for stamps, and reduces the amount of paper mail coming to your house.
- 3. Use re-usable bags for shopping.** Across the world more than 13 billion bags are issued every year to shoppers -- that's about 220 per person. On average they are used for 12 minutes before being discarded, but then they remain in the environment for thousands of years.
 - Stores such as Wal-Mart and Kroger offer reusable bags for as low as \$1. They often offer in-store recycling that allows customers to return used bags.
- 4. Think re-usable.** Reduce waste and stop thinking of things as disposable - if you can re-use something and keep it out of the landfill, then do it. Re-using items is one step better than recycling because no additional energy was needed to transport and re-process the material.
 - Use your own coffee cup at work instead of Styrofoam. Use a re-usable coffee mug when you go out to your favorite coffee shop. Most times it is significantly cheaper to fill your own mug than using the disposable cups.
 - Use reusable BPA Free water bottles rather than costly disposable water bottles.
 - Re-use glass jars (from pasta and pickles) to store dry food.
 - Use washable food containers instead of plastic bags

5. **Turn off the lights and use power strips.** Did you know that many appliances consume energy even when not in use? On average small electronics, entertainment and computer equipment account for 44 percent of household costs. Follow these tips at home and the office:
 - Turn off the lights and fans in unoccupied areas and open the blinds and shades to take advantage of natural lighting during the day.
 - Unplug unnecessary electronics, such as cell phone chargers, when they are not in use
 - The TV, VCR, computer, printer, hair dryer, coffee maker, and toaster oven all consume kilowatt hours while in stand-by mode. Plugging your appliances into power strips, and then flipping the switch when you're not using them, will save energy and lower your electric bill.
 - Set your computer settings to sleep after 15 minutes of use.
 - Go old school and use a solar powered clothes dryer – a clothesline. Wash clothes in cold and warm water instead of hot water. 85-90 percent of the energy used by washing machines is for heating the water. Hot water also shrinks and fades your clothes, and wears them out more quickly.
 - Purchase Energy Star appliances as replacements become necessary.

6. **Conserve water.** We often overlook the importance of conserving water. As our population continues to grow, however, demands on our precious water resources increase. In order to ensure adequate water resources for our future needs, we must put conservation measures into effect now.
 - Installing an aerator on all your faucets can cut your annual water consumption in half.
 - Changing to an ultra low-flow showerhead can lower your water consumption by 25 and save roughly \$90 a year on your annual water bill.
 - Turning the water off while brushing your teeth, shaving, or washing your face can save 4.5 gallons each time.
 - Run the dishwasher and clothes washer only when it's full.

7. **Buy local and organic.** Today, the average fruit or vegetable travels 1,500 miles before it hits the local supermarket, which requires large amounts of fuel. Purchasing locally grown produce:
 - Supports Arkansas Farmers and the local economy.
 - Is cheaper because of fewer middle men and rising fuel costs for traditional produce.
 - Limits the number of pesticides and petro-fertilizer that enter the air, soil, water—and your own body.

8. **Start composting.** Together, yard trimmings and food scraps make up more than a quarter of the U.S. municipal solid waste stream. As landfill space becomes increasingly scarce, you can easily reduce needless trash by building a compost bin. Composting cuts disposal costs that come back to you, the taxpayer, saves energy needed to transport waste and reduces air and water pollution. Composting can:
 - Reduce or eliminate the need for chemical fertilizers.
 - Save money on artificial soil and mulch for landscaping.
 - Cost-effectively remediate soils contaminated by hazardous waste.

9. **Caulk or weather-strip windows and doors.** Materials for the average Arkansas home can cost about \$25, but savings on annual energy costs can amount to more than 10 percent of your yearly heating bill.
 - The Department of Energy states that if every gas-heated home were properly caulked and weather stripped, we'd save enough natural gas each year to heat almost four million homes.

10. **Regulate the thermostat and use insulation.** Heating and cooling is a large portion of one's utility budget and energy use. The average Arkansas spends \$412 on heating costs in the winter. You can reduce your energy needs by as much as 20 to 30 percent and save about four months' worth of household energy by investing in insulation.
 - For every degree you lower the thermostat in the winter, you will save up to 5 percent on heating costs. Lowering one degree can save \$14-\$26 a year.
 - Switch to a programmable thermostat when feasible. According to Energy Star, a homeowner can save \$180 a year by properly setting their programmable thermostats and maintaining those settings.