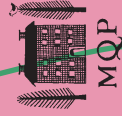


THE  
*Armchair*  
ENVIRONMENTALIST

*3 minute a day*  
*action plan to save the world*



KAREN CHRISTENSEN



### USE ENERGY EFFICIENT LIGHTING.

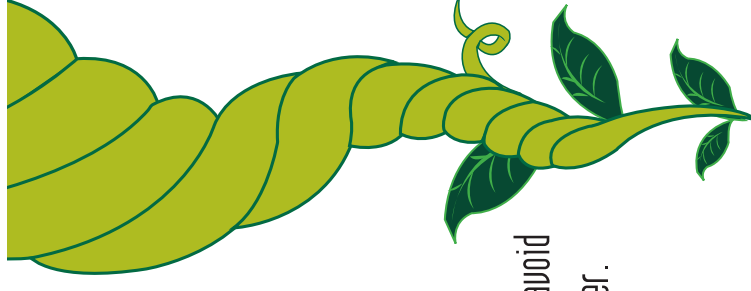
Replace energy-consuming traditional incandescent light bulbs with energy-saving compact fluorescent lights, available at many home improvement outlets. Compact fluorescent bulbs give off the same light as common incandescents for one-quarter of the energy, and last about ten times longer.



Seek out your **LOCAL NATURAL FOOD STORE** and **ORGANIC FARMER'S MARKETS** and check carefully for **ORGANIC CERTIFICATION**. Prices may

sometimes be a bit higher, but consider the extra a donation to the earth, and a preventative healthcare measure.

*Always run full loads*



When **COOKING**, use small pots on small burners, large on large for **EFFICIENCY**, and put lids on pots to avoid heat waste and help water boil faster.

### BRING YOUR OWN

canvas bag when you go shopping. Minimize the use of paper and plastic bags, and reuse them for lunches or leftovers.

*of laundry and dishes.*

Choose the short cycle at low water levels whenever possible.



### DONATE GOODS INSTEAD OF THROWING THEM OUT.

Items such as towels, clothing, tools, appliances, blankets, and toys can quite often be put to good use by those in need. Donating or reselling your unwanted goods to community organisations or thrift stores is a better option than simply throwing these items away.

*One man's trash is another*

### GET RID OF HAZARDOUS WASTE SAFELY.

Batteries, antifreeze, pesticides, paint, paint thinners, drain cleaners, mothballs, medicine, and many other household products are considered hazardous waste, so don't pour them down the drain or throw them in the trash.

Contact your municipal waste facility or local government information center to find out how to dispose of them properly.

### *Recycle, Recycle, Recycle!*

From newspaper, to egg cartons, glass to organic materials such as leaves and yard clippings, the majority of things can be used again.

*man's treasure.*

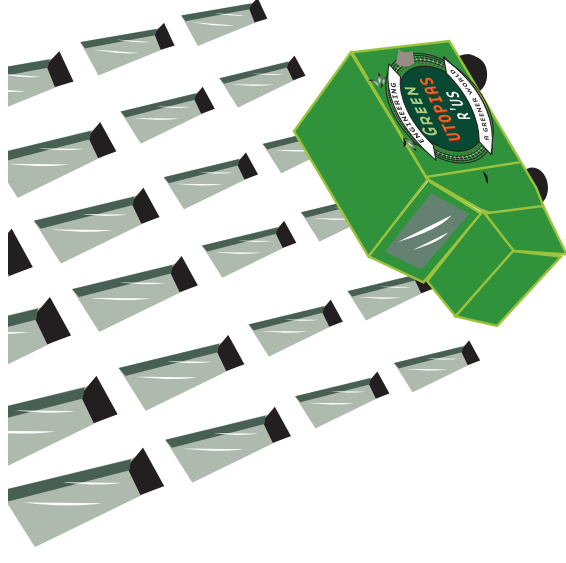


### MAKE RECYCLING EASIER:

Your success with recycling will largely depend on how easy it is for you. For easy, neat recycling, buy an 11-13 gallon trash can (with lid) for each material you will be recycling and label them (i.e. clear glass, steel cans, etc.) Store them in a pantry, utility room, or garage; the closer they are to your kitchen, the better. Your recyclables will always be out of sight and presorted. You can even place these containers directly at curbside if your community has curbside recycling.

## *The next time you*

*If you have HOUSE PLANTS, whenever possible water them with leftover water from drinking and cooking.*



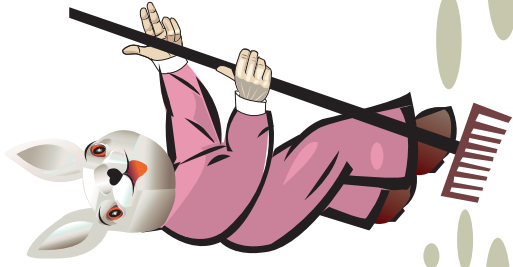
## *fill your tank*

at the gas station, have the air in your tires checked. Driving on underinflated tires contributes to poor fuel economy. Check air pressure every 1,000 miles.

### SAY "NO" TO ITEMS YOU'RE NOT GOING TO USE.

If you don't need napkins, straws, plastic utensils or condiments, leave them behind at the restaurant or store.

# *Purchase organic eggs laid*



**PLANT A TREE**  
with a child. Teaching our children to love and care for the planet is the most important thing we can do to insure the future of humankind.

## **LOWER YOUR THERMOSTAT IN THE WINTER.**

Raise it in the summer. Wearing a sweater in the winter and short sleeves in the summer saves energy and reduces pollution.

# *by free roaming chickens.*

**Be an ENVIRONMENTALLY CONSCIOUS consumer.** You can cast your vote to save the environment each time you open your wallet. Buy products that use **RECYCLED MATERIALS** and little or no packaging, and switch from single use/disposable to reusable products.

Use your imagination—getting ice cream in a cone instead of a cup allows you to eat the packaging. In general, think before you buy any product—do you really need it? How did the production of this product impact the environment and what further impacts will there be with the disposal of the product (and associated packaging materials)?

Before you get into recycling, **CONSIDER PRECYCLING**. Change your buying habits to reduce garbage, or buy what can be recycled in your community.

For example, plastic soda bottles can be recycled, but if there's no place to take them in your area, it's better to stick with aluminum or glass containers.

## *Eliminate unnecessary*



## *Read labels carefully.*

Choose products with simple and non-toxic ingredients. Watch for and avoid the key words, "caution," "warning," "danger," and "poison."

## *subscriptions.*

Cancel newspapers, newsletters, and magazines you don't read or can access online. Take your name off mailing lists to reduce junk mail.

## **Fill a ONE-QUART PLASTIC BOTTLE with WATER for each TOILET in your HOME.**

Submerge one bottle in each toilet tank. You will save one quart of water per flush. If the toilet flushes well, try adding more bottles. If the toilet isn't flushing well, try using a smaller bottle.