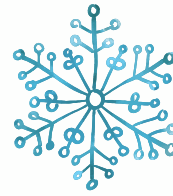

winter



Tips for Green Living



Village of La Grange Environmental Quality Commission

Switch to LED light bulbs. Use energy efficient bulbs to light the longer nights.

Buy green products. Choose apparel made from natural, sustainable materials, like organic cotton, recycled cotton, wool, or hemp. Items made of wood, cork, metal, paper, and recycled materials also make great gifts. Look for Energy-star labels.

Use electric snow removal products rather than gas-powered ones. Gas-powered machines are heavy polluters. Shovel when possible.

Avoid food waste. Organics comprise about 1/3 of the waste stream! Large amounts of water and energy are used to produce and transport food, so plan meals wisely and eat all leftovers, including food from holiday meals. Compost fruit and veggie scraps too.

Reduce waste. Reuse gift bags, gift boxes, tissue paper, and wrapping paper scraps. Avoid single-use plates, cups, cutlery, and napkins. Purchase practical gifts and focus on quality over quantity. Bring reusable bags for all of your shopping. Use a travel mug for your coffee. Visit resale shops and used book and record stores for unique finds.

Choose an earth-friendly de-icer. Use an effective alternative to rock salt.

Weatherize your home. Seal gaps around doors, windows, fireplaces, and attic doors. Cover your fireplace when not in use to avoid drafts. Add insulation to your attic.

Buy seasonal produce. Pay attention to where your fruits and vegetables were grown and avoid out-of-season items grown in far-away destinations.

Grow indoor plants. They release moisture and improve air quality -- and make you happy!

Turn down the thermostat. Challenge yourself to keep your thermostat just two degrees cooler than you normally do in the winter. Use a programmable thermostat so that the heat can be turned down further when you are sleeping or away from home. Saving energy protects the environment and saves you money too!
