



## Waste Reduction Activities

### Reduce - buy/use less

- Scrutinize purchases – if you don't need it, don't buy it.
- Convert to electronic documents
- Print double-sided
- Eliminate junk mail – call the sender and remove your name from their mailing list

### Buy green

- Recycled content
- Bio-degradable
- Less packaging
- Concentrates

### Re-use

- Redistribute usable items – charities, thrift stores, garage sales, churches, etc.
- Lessen disposables – cups, food storage containers, towels, grocery bags, etc.

### Recycle more

- Encourage friends, neighbors, family, employers to participate
- Increase amount recycled, i.e. paper, plastics 1 and 2, glass, yard waste, electronics, printer cartridges, food composted, construction waste, etc.

### Did You Know?

Every ton of paper made from recycled materials saves 17 trees, 6,953 gallons of water, 463 gallons of oil, 587 pounds of air pollution, 3.06 cubic yards of landfill space, and 4,077 kilowatt hours of energy.



## Living Arrangements and Land Use

### Live closer to work, school, activities, and shopping

- Mixed-use communities
- Integration of mass transit

### Consume less space

- Multi-unit structures
- Smaller square foot homes/offices/work places

### Conserve green space

- Plant trees and native species that require less water; plant less grass
- Incorporate community gardens
- Minimize parking and use pervious pavement
- Increase trail systems



## Your Workplace

### Encourage your employer to be green by incorporating all the ideas in this brochure

### Consider additional ideas:

- Work with energy management staff or performance contractors to develop a long-term strategy
- Implement a combined heat and power strategy

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# Global Climate Change

Opportunities  
To Make  
A Difference

Easy Lifestyle Modifications



# Easy Lifestyle Modifications

Transitioning to a sustainable or "green" life style may require modifications that are often easy, simple, save you significant money and can improve your health. Everyone wins. Start by picking three and join the millions who are already making these changes.



## Transportation Improvements

### Drive/fly less

- Walk, bike, and ride-share
- Combine trips and shorten commutes
- Increase use of public transportation i.e. streetcar, buses, light rail, rail

### Drive better

- Lower speed - every 5 mph you drive over 60 mph is equivalent to paying \$.20 extra per gallon of gas
- Fully inflate tires, tune-up vehicles, and stop idling
- Remove excess weight from the vehicle
- Try other eco-driving techniques – see [www.ecodrivingusa.com](http://www.ecodrivingusa.com)

### Improve fuel efficiency of vehicles (cars, buses, trucks, etc.)

- Hybrids
- Greater MPG vehicles/scooters
- Bio-fuels

### Did You Know?

100 pounds of material carried in a car will reduce the gas mileage by 3-5%.



## Energy Efficiency Opportunities

### Improve energy efficiency of current homes

- Use day or natural lighting in winter; close shades in summer
- Install compact fluorescent bulbs – they use about one quarter of the energy and last up to ten times longer.
- Turn off lights, computers, etc. when not in use
- Set computers to hibernate in 30 minutes
- Paint interiors with light colors
- Adjust temperature settings winter/summer, occupied/unoccupied (programmable thermostats)
- Add roof and wall insulation
- Install a water heater blanket and lower setting
- Wash in cold water
- Air-dry dishes

### Did You Know?

By resetting your programmable thermostat from 72° to 65° for eight hours a day (for instance, while no one is home or everyone is sleeping) you can cut your heating bill by up to 10%.

- Use barrier film on windows
- Buy Energy Star appliances/equipment
- Use power strips to avoid phantom use
- Add solar or geothermal for heat/cooling or hot water
- Install super efficient HVAC systems
- Conserve water
  - Low flow shower heads, toilets, faucets, etc.
  - Consolidate – full loads for dishes, laundry, etc.
  - Drought resistant landscaping
- Add a green or reflective roof
- Rehab/upgrade to LEED™, ENERGY STAR® or other green standard

### Improve energy efficiency of new homes

- Build to LEED™, ENERGY STAR® or other green standard



## Food Choices

**Eat less meat and less deep water fish**  
**Buy locally**

**Eat organic foods**

### Did You Know?

A typical ENERGY STAR home is 15-30% more efficient delivering \$200 to \$400 annual savings in utility bills.