

9. **Eat Green.** Shop at neighborhood farmers' markets and stores that feature locally-grown goods. These don't have to be shipped very far, saving energy use. Look for organic food as well, which doesn't use pesticides or fertilizers that can pollute resources such as the Chesapeake Bay. Whole Foods and MOM (My Organic Market) have several stores in the area.



10. **Be Smart Behind the Wheel.** Even if you're not ready to run out and buy a Prius, you can still save energy with your present car.



Get regular tune-ups (these can cut gas usage by 4 percent), properly inflate the tires (3 percent), and avoid jack rabbit starts and speeding (7 to 33 percent). No doubt you've heard these ideas before, but with gas above \$3 a gallon, now is the time to pay attention.

#### **Resources:**

Alliance to Save Energy, [www.ase.org](http://www.ase.org)

Coalition on the Environment and Jewish Life,  
[www.coejl.org](http://www.coejl.org)

Cool Capital Challenge, [www.coolcapitalchallenge.org](http://www.coolcapitalchallenge.org)

Energy Star, [www.energystar.gov](http://www.energystar.gov)

Greater Washington Interfaith Power & Light,  
[www.gwipl.org](http://www.gwipl.org)

Pepco,

[www.pepco.com/home/education/conserving/tips](http://www.pepco.com/home/education/conserving/tips)

Natural Resources Defense Council, [www.nrdc.org](http://www.nrdc.org)

**Temple Sinai  
Environmental Committee  
Presents**

# **Ten Things to Do This Summer to Help the Earth**



***It's in Our Hands.***

*This pamphlet printed on recycled paper.*

1. **Install Compact Fluorescent Light Bulbs.**

They use 2/3 less energy than incandescents but last up to 10 times longer.

While CFLs initially cost slightly more, you can save \$20 to \$30 over the life of **each** bulb used. The latest CFLs start almost instantly and produce natural, warm light. This is a no-brainer.



2. **Now turn them off.** Take a walk around your house and critically assess your electricity use. Is your porch light on all day? Do the kids turn off the TV when they're done? Do you turn on a bank of eight ceiling spotlights when a single table lamp (with a CFL!) would do? You don't have to live in the dark, but try to use the smallest needed amount of electricity and other energy.



Is your porch light on all day? Do the kids turn off the TV when they're done? Do you turn on a bank of eight ceiling spotlights when a single table lamp (with a CFL!) would do? You don't have to live in the dark, but try to use the smallest needed amount of electricity and other energy.

3. **Adjust Your Heating and Air Conditioning.**

Speaking of other energy, heating and cooling account for 75% of home energy use. Adjusting the thermostat just one degree higher in summer and lower in winter saves five percent of your annual heating/cooling cost.



Also, a programmable thermostat makes it much easier to be efficient—you can coordinate your house's temperature with your daily and weekend pattern so that you don't waste energy while you're at work or away.

4. **Use Fans to Minimize Air Conditioning.**

Install ceiling fans in each bedroom. A fan uses a fraction of the electricity of AC, and its soft breeze likely will eliminate the need to run the AC at all during the night.



Look for high quality models that are vibration free and have a remote control to leave on the nightstand to change speeds or turn off during the night. Tip: fans cool people, not places--when you leave the room, turn them off.

5. **Give Your House the Kleenex Test.** Hold a tissue near exterior doors, windows and electrical boxes. If drafts blow the tissue around, the area needs tightening. As much as 15 percent of heating and cooling energy escapes through cracks and gaps, so it's worthwhile to caulk and seal. Take a look at your attic too, especially if you have an older home. For the D.C. area, you want to have 12 to 15 inches of batt, blanket or loose-fill insulation.

6. **Look for Energy Star.** A consortium of Federal agencies has set energy-saving standards for a wide range of goods, everything from CFLs to TVs to furnaces. When the time comes to replace an appliance, insist on one with the Energy Star label. A qualified refrigerator, for example, can cut energy use in half. You can find retailers at [www.energystar.gov](http://www.energystar.gov).



7. **Keep Recycling.** We've made a lot of progress—the proportion of waste that is recycled in Montgomery County, for example, increased from 36 percent in 2000 to 42 percent currently. But the goal for 2010 is 50 percent. We especially need to look outside our homes. Are recycling bins available at your office, at your neighborhood deli, or other establishment you frequently visit? If not, pester those in charge to install them.



8. **Buy Recycled Too.** Support industries that use the stuff you put in your blue bins. If every household in the U.S. used just one roll of 100% recycled toilet paper, it would save nearly half a million trees. It's easy to find—Giant sells the Seventh Generation brand—and, no, it's not scratchy.

