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## **Nicholas School Environmental Assist of the Game**

### **Environmental Tip**

#### **Tag Line:**

**Solutions start here at Duke University's Nicholas School of the Environment and Earth Sciences. Partner with Us.**

### **Environmental Tips for Use Anytime**

1. Don't leave your fridge door open. For each minute the door is open it takes three minutes of energy to cool it down again.
2. Save while you shave. You can save 2.5 to 5 gallons of water each time you shave by filling the sink basin, instead of letting the water run continuously.
3. You can waste over a gallon of water if you leave the tap running while brushing your teeth. Instead, use a glass of water for rinsing, or short bursts from the tap.
4. Unplug your cell phone charger because it consumes power even when your phone is fully charged. Charging devices use about 5 percent of our energy and cost consumers more than \$8 billion annually.
5. Slow down. Aggressive driving results in a 10 percent impact on fuel economy and can cost drivers more than \$80 a year.
6. When you are driving, accelerate and decelerate smoothly and more gradually. Jack-rabbit starts consume up to 50 percent more fuel than slow, steady accelerations.
7. Keep your engine tuned properly. It can save you up to 165 gallons of gas per year, resulting in potential savings of \$230.
8. Use fluorescents instead of conventional bulbs. Six fluorescent bulbs will offset the carbon emissions from a continental round-trip flight.
9. Use power strips to switch off televisions and other electronic gadgets. The "standby" consumption of these products can be equivalent to that of a 75 or 100-watt light bulb running continuously.
10. Configure your computer to "hibernate" automatically after 30 minutes of inactivity. It saves energy and is more time-efficient than shutting down and restarting.

11. If you are the last one to leave the office, turn off the photocopier. A photocopier left on overnight uses enough energy to make 1,500 photocopies.
12. Keep your fireplace damper closed unless a fire is going. During wintertime, an open damper wastes as much energy as a wide-open 48-inch window.
13. Upgrade to a programmable thermostat. Programming your thermostat to cut back by 10-15 percent for eight hours a day can save as much as 10 percent a year on your heating bill.
14. Upgrade to a new water heater and save on your energy bill. If your gas water heater is more than 10 years old, it probably operates at less than 50 percent efficiency.
15. Collect autumn leaves in a plastic bag. Sprinkle with water, tie loosely, punch holes in the bag, and leave. After 1 year, the leaves will have transformed into the perfect mulch.
16. Did you know the average meal travels 1,500 miles before reaching your plate? If you purchase locally-raised food it helps reduce fossil fuel use, preserves farmland, and supports your local economy.
17. Fix your dripping tap. It can waste more than 6.6 gallons of water a day—that's about 2,600 gallons a year, and the problem is often a worn-out washer that only costs your pennies to replace.
18. Mind your commode. A toilet that continues to run after flushing can waste 52,800 gallons of water a year—enough water to fill a large in-ground swimming pool!
19. Recycle your aluminum cans, glass bottles, plastic, cardboard, and newspapers. Recycling can reduce your home's carbon dioxide emissions by 850 pounds per year.
20. Mind preheating your oven. For pastries and cakes, preheating 10 minutes is plenty. For roasts and casseroles, turn your oven off 15 minutes early—the remaining heat will finish the job.
21. Carpool! If every car carried just one more passenger on its daily commute, 32 million gallons of gasoline (and the pollution produced by it) would be saved each day.
22. Cut your driving by just five miles each day and help keep tons of carbon dioxide from entering the air. Each gallon of gas your car burns releases about 22 pounds of carbon dioxide.

23. Take shorter showers: shortening showers by 1-2 minutes can save 700 gallons a month.
24. If you are washing dishes by hand, fill the sink with water instead of running it to rinse plates and utensils. This saves 250-500 gallons a month.
25. Fill your dishwasher before turning it on. It uses about 8 to 12 gallons a cycle. Washing by hand uses about the same, so use the dishwasher once a day and save.

### **Energy Tips to Use During the Holiday Season.**

1. Switch to LEDS. If everyone replaced their conventional holiday lights with the more efficient light-emitting diodes, it would save enough energy to power 200,000 homes for a year.
2. **November 15<sup>th</sup>** is America Recycles Day! Why don't you commit to recycle more this year and buy products made from recycled materials.
3. Reuse your holiday paper or use the funny pages. If every American wrapped three gifts in reused paper, it would save enough paper to cover 45,000 football fields.
4. Cancel at least 10 of the 142 mail-order catalogues you will receive this year. If everyone did, the stack of canceled catalogues would be 2,000 miles high!
5. Reuse your holiday ribbons. If each family reused 2 feet of ribbon, it would save 38,000 miles worth of ribbon, enough to tie a bow around the earth.
6. Did you know that about 40 percent of all battery sales occur during the holiday season? This year, use rechargeable batteries and help reduce potentially harmful waste.
7. Did you know that Americans throw 25 percent more items in the trash between Thanksgiving and New Year's Day? This holiday season, give a gift to the environment and throw away less.
8. Use real plates, glasses, and silverware for your holiday gatherings. This will help reduce the 25 percent increase in waste Americans generate between Thanksgiving and New Year's Eve.

9. This year during the holidays, pack your gifts in newspaper and use washable dishes. Styrofoam used for packing peanuts and plates and cups takes more than 1 million years to biodegrade!
10. Purchase cards made from recycled paper. Each year, 2.65 billion holiday cards are sold in the United States, enough to fill a football stadium 10 stories high.
11. Recycle your tree this year. Many of the 33 million Christmas trees sold in North America each year are reused in programs that help mulch trails and prevent beachfront erosion.