

# Your Plan, Your Planet



## Let the dishwasher do the dirty work.

Dishwashers use  $\frac{1}{2}$  the energy and  $\frac{1}{3}$  of the water as handwashing. Cleaning has never felt so good.



## Trick your toilet.

If your toilet was installed before 1994, place a plastic bottle filled with water inside your tank. Your toilet will think it's full sooner, using  $\frac{1}{4}$  less water.



## Place to Prolong.

Food lasts longer when stored in the correct spot. Remember, the bottom of the fridge is the coldest!



## The freezer is your friend.

Freezing foods to 0 °F inactivates any microbes — bacteria, yeasts and molds — present in food. This means frozen foods remain safe indefinitely!



## Don't let things get too heated.

Check that your water heater is set to 120°F to prevent unnecessary energy drain. Many come set to 140°F, which can scald and cause burns.



## Don't sweat (or freeze) it.

Adjusting your thermostat by just 3°F could save about 1,050 pounds of CO<sub>2</sub>e per year, the equivalent of driving for 21 hours!



## Attire Arithmetic.

When you're shopping, want to make sure it's worth the cost? Divide the price by the number of times you'll wear it. That calculation can help you decide.



## Using something once is never enough.

Curbside recycling isn't your only option so get inventive! Donate extra toys to a daycare, drop off old hangers to your local dry cleaner, or advertise items on your neighborhood social media channels.



## Stuff Mini Tips

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### Own

High-quality items, like jeans, sweaters and jackets take a lot to create, but since they are items that are worn a lot, they are usually worth purchasing.



### Rent

Remember that occasion-specific dress or suit you've only worn once? Next time instead of having it collect dust in your closet, think about renting for the next event!



There are 80 million power drills in America that are used an average of 13 minutes. Instead of purchasing a tool that you will use once a month, rent high-quality tools from your local supplier.

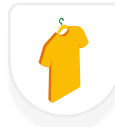


### Repair

Just because the zipper is broken on your favorite jacket doesn't mean you need to toss it! Easily repair high-quality clothing with a quick trip to the tailor, allowing you to get years more of wear.



Give old furniture a tune-up. Tighten up loose legs, or restore and rehydrate the wood with a coat of coconut oil.

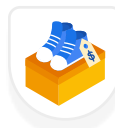


### Reuse

Have a favorite t-shirt that has more holes than sleeves? Take it to a clothing retailer that collects worn clothes to make them into new ones.



Switch to a reusable water bottle instead of single-use plastic bottles to help the planet and stay hydrated.

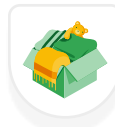


### Resell

Own items that you no longer want or fit into? Resell them to your local consignment shop or with an app. You'll get some extra cash and the knowledge that someone else will fall in love them.



Keeping your cell phone and other electronics can help save resources and help you make a profit. Cash in after keeping your phone for 2 years.



### Donate

Want to tidy up your closet? Get rid of items that don't give you joy and donate them to your local thrift shop. Enjoy the thrill of knowing someone else will be able to get use out of your item.



## Water Mini Tips

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### Hose

If your garden hose leaks, replace the hose washer and ensure a tight connection with pipe tape and a wrench.



### Toilet

Spot toilet leaks by putting a drop of food coloring in your toilet tank. If there's color in the bowl after 10 minutes, you've got a leak.



### Faucet

A drip every 2 seconds equals over 1,000 gallons of water down the drain each year.



### Pipes

Check your water meter before and after going 2 hours without using water. If it changes, there's a leak.



### Dishwasher

Fixing household water leaks could save you up to 10% on your water bill.

## **Energy Mini Tips**

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### **Laptop**

A plugged-in, snoozing laptop still uses 57 kWh of energy each year. That much energy produces the same about of CO<sub>2</sub>e as driving your car for over an hour.



### **Gaming console**

When you're done playing video games, unplug your console to save over 96 kWh of energy a year. That much energy produces the same amount of CO<sub>2</sub>e as driving your car for over 2 hours.



### **Microwave**

The average American household could save \$165 on their electricity bill each year by unplugging idle devices.



### **Charger**

Plug your chargers into a power strip or smart outlet, so when they're not in use, you can turn them off easily.



### **TV**

You might not think of it, but by unplugging your TV when it's off, you could save 104 kWh of energy every year. That much energy produces the same about of CO<sub>2</sub>e as driving your car for 2 ½ hours.



### **Washing machine**

American households' idle energy use is the equivalent of the energy generated by 50 large power plants in a year.



## Food Mini Tips

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### Apples

Apples ripen 6-10x faster at room temp. Store them in the fridge and they'll be at their best for 6 weeks.



### Tomatoes

Store fresh tomatoes on the counter away from direct sunlight with the stem up. Refrigeration can cause loss of sweetness and texture.



### Lettuce

Salad greens are at their best for up to 5 days longer when properly stored in a hard-sided container lined with paper towels.



### Flour

Flour stays fresh in the fridge for 2 years vs. just 1 in the pantry. Got extra flour? Make cookie dough. You can freeze it for 3 months and bake it for a treat!



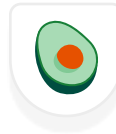
### Basil

Basil lasts the longest on the counter, freshly trimmed and placed in a jar of water like freshly cut flowers.



### Nuts

Nuts are best stored in the refrigerator once a package is opened as it keeps their oils fresher!



### Avocados

Store avocados on the counter until ripe, then place them in your low humidity drawer to gain about 5 more days of their best shelf life.



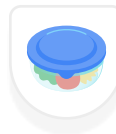
### Bread

Bread is at its best for up to 6 months in the freezer, vs a few days at room temp. Slice before freezing so you can pop straight in the toaster to use



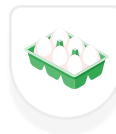
### Beef

When frozen raw and kept in the freezer, beef is best for 9-12 months and remains safe to eat indefinitely. Once cooked and kept in the fridge, it's best eaten within 3-4 days.



### Leftovers

Leftovers are best stored in a clear, airtight container, labeled with the date, in your fridge. The key to eating them is making sure you can see them!



### Eggs

Eggs past their sell-by date? Don't toss them, they're good for 3 more weeks. Like 'em hard-boiled? Those are at their best for 1 week in the fridge.