

## **Ten Small Things You Can Do Now That Make a Big Difference**

### **1. Unplug appliances when you're not using them**

Unplugging or using a "smart" power strip that senses when appliances are off eliminates "phantom" or "vampire" energy use.<sup>1</sup>

### **2. Leave the coffee stirrer behind**

Every year Americans throw away 138 billion straws and stirrers. Put your sugar and milk in your cup first before you pour in the coffee and it will mix itself.

### **3. Skip rinsing dishes before you put them in the dishwasher**

By skipping rinsing, you save up to 20 gallons of water each load. You also save time to do something you actually enjoy.<sup>2</sup>

### **4. Use cruise control when traveling**

When you use cruise control your vehicle can get up to 15% better mileage.<sup>3</sup>

### **5. Donate your cell phone; someone else could really need it**

For every 1 million cell phones recycled, 35 thousand pounds of copper can be recovered.<sup>4</sup> Plus you'll get extra karma points if you donate it to a worthy cause such as Cell Phones for Soldiers or Safe Haven.<sup>5,6</sup>

### **6. Sign up for paperless billing, and never forget to pay your bills again**

Paying your bills online saves paper and cuts out the use of fossil fuels to deliver the mail.<sup>7</sup> Also, if you choose automatic payment, that's one less thing you have to remember at the end of each month.

### **7. Fly paperless and have one less thing to carry**

It costs \$10 to process a paper ticket and only \$1 to process an e-ticket. Not only are you saving the airlines money which can then be used to fund better snacks, but the amount of paper eliminated by this process is significant.<sup>8</sup>

### **8. Online shopping: stay on your couch and go green at the same time**

While packaging accounts for 22% of the carbon dioxide emissions of an item purchased online, customer transportation accounts for 43% more of emissions.<sup>9</sup>

### **9. When replacing old appliances, look for the EnergyStar Label**

Consider products that run on natural gas instead of electricity and aren't bigger than you really need.<sup>10</sup>

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<sup>1</sup> WorldWatch Institute <[http://www.worldwatch.org/resources/go\\_green\\_save\\_green](http://www.worldwatch.org/resources/go_green_save_green)>

<sup>2</sup> 50 Ways to Help <<http://www.50waystohelp.com/>>

<sup>3</sup> 50 Ways to Help <<http://www.50waystohelp.com/>>

<sup>4</sup> U.S. Environmental Protection Agency <http://www.epa.gov/epawaste/conservematerials/recycling/donate.htm>

<sup>5</sup> Cell Phones for Soldiers <<http://www.cellphonesforsoldiers.com/index.php>>

<sup>6</sup> Safe Haven Shelter and Resource Center <<http://www.safehavenshelter.org/donations/>>

<sup>7</sup> TreeLiving <<http://www.treeliving.com/green-home/around-the-house/pay-your-bills-online-and-help-environment>>

<sup>8</sup> Ronnie Citron-Fink, "F is for Fly With an E-Ticket," Care2.com, April 2, 2010, <<http://www.care2.com/greenliving/f-is-for-fly-with-an-e-ticket.html>>

<sup>9</sup> Susan Carpenter, "Online Shopping: Better for the environment," Los Angeles Times, December 16, 2011,

<[http://latimesblogs.latimes.com/home\\_blog/2011/12/online-shopping-vs-traditional-shopping.html](http://latimesblogs.latimes.com/home_blog/2011/12/online-shopping-vs-traditional-shopping.html)>

### **10. Bring your own coffee mug and save some cash**

16 billion paper cups are used for coffee every single year — that's equal to the amount of energy used to power nearly 54,000 homes for a year. Some coffee shops like Starbucks even give you a discount when you bring your own mug.<sup>11</sup>

To learn more about Tiller's 2014 Green Survey, visit [www.tillerllc.com](http://www.tillerllc.com)

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<sup>10</sup> Shana Lebowitz, "40 Unexpected Ways You Can Help the Environment Right Now," Greatist.com, April 20, 2014, <<http://greatist.com/happiness/ways-help-environment>>

<sup>11</sup> Melissa Weigel, "Everyday Environmentalist," The Nature Conservancy, <<http://www.nature.org/greenliving/gogreen/everydayenvironmentalist/reusable-coffee-mugs.xml>>