



Be GreenSmart™

**Wiser choices make a world of difference for your health, your budget and your planet.
Below are some green living tips that you can start using today!**

1. **Weed whacking:** A properly fertilized lawn is the “greenest” weed control available.
2. **Don’t bug me:** Early detection of garden pests leaves more options for the least toxic controls.
3. **Sweet dreams:** We spend 1/3 of our lives sleeping. Make your beds healthier for your family and the environment with all-natural, chemical-free mattresses, linens and pillows.
4. **Dump bottled water:** Fill a reusable aluminum bottle with tap water. Eliminate 1 bottled water a day for a year at \$1 each and you save \$365 – and keep plastic out of landfills.
5. **BYOM:** Bring your own travel mug to the coffee shop. Reducing paper cup use saves trees – and many shops give you a discount.
6. **Paper or plastic?** Reuse paper or plastic bags when shopping. Better yet, switch to canvas. Some stores take money off your bill for each bag you bring.
7. **Trip chain:** For every gallon of gas burned, a car emits 20 pounds of CO₂. Plan your errands into as few trips as possible. Map the most efficient route. You’ll save gas money, time and reduce your greenhouse gas emissions.
8. **Worms eat my garbage:** Learn to compost. Keeping food scraps out of your garbage reduces greenhouse gas emissions from garbage truck transport and landfills. And it’s free food for your plants!
9. **Zap phantom loads:** Some appliances and gadgets guzzle electricity even when not in use. Unplug things with digital displays or big box plugs like cell phone chargers when you don’t need them and watch your bills go down.
10. **Green your cleaners:** The quality of the air inside your home can be up to 85% worse than the air outdoors. Use non-toxic products, now found in many grocery stores. Save money by making your own using recipes from green living books, magazines or websites.
11. **Wasting trees:** Only 1/3 of all junk mail is currently recycled. Don’t let trees become garbage – recycle your junk mail.
12. **Guilt trip:** Don’t feel guilty about your past behaviors or choices. Do feel good about what you can do and the difference it will make.
13. **Family affair:** Get the whole family involved and make greening your life educational and fun!
14. **Learn more:** Attend a GreenSmart class at the UWM School of Continuing Education.

From the Consumer Federation of America:

TEN WAYS DRIVERS CAN CUT GASOLINE COSTS AND GAS CONSUMPTION

Americans can take steps to reduce the nation's oil import dependence by maintaining their vehicles and driving them more economically. Below are CFA's top ten gas-saving tips.

"We estimate that if Americans practiced these tips gas mileage could be improved in total by about 13%," said Jack Gillis, CFA's Director of Public Affairs.

(Savings calculations below are based on April 2008 gas prices – imagine how much you can save now!)

1. **Check your air filter:** A clean air filter can improve gas mileage by as much as 10%, and nearly one in four cars needs an air filter replacement. Changing a dirty air filter can save the equivalent of 35 cents a gallon or carry you 23 more miles on a typical tank of gas.
2. **Straighten out:** Poor alignment not only causes tires to wear out more quickly, but also forces your engine to work harder, which can reduce gas mileage by as much as 10%. Fixing improper alignment would be like saving 35 cents per gallon.
3. **Tune up:** A properly tuned engine can improve mileage by 4% which is like saving 14 cents a gallon.
4. **Pump 'em up:** More than one-quarter of vehicles have improperly inflated tires. The average under-inflation of 7.5 lbs. causes a loss of 2.8% in fuel efficiency. Properly inflating problem tires is like knocking 10 cents off a gallon of gas.
5. **Check your cap:** It is estimated that nearly 17% of cars on the road have broken or missing gas caps, which reduce gas mileage as well as possibly harming the environment. Fixing or replacing a faulty gas cap is like saving 3 cents per gallon.
6. **Lose weight:** For every 100 extra pounds carried around, your vehicle loses 1-2% in fuel efficiency. For every 100 lbs you unload, you're saving the equivalent of 4 cents per gallon.
7. **Don't speed:** For every 5 mph you reduce highway speed, you can reduce fuel consumption by 7%. If you typically drive 70 on the highway and slow down to 65, it's the equivalent of saving 25 cents a gallon.
8. **Drive smoother:** The smoother you accelerate and decelerate, the better your gas mileage, with potential gas savings of 33% on the highway and 5% around town. Consumers who currently drive erratically can pocket the equivalent 62 cents a gallon by driving more smoothly.
9. **Foot off:** Riding with your foot on the brake not only wears out brakes but can also reduce gas consumption by as much as 35%. If you kick the habit of driving with your foot on the brake, you'll get the equivalent of 1.19 cents per gallon in savings.
10. **Don't idle:** If stopped off the road for more than 30 seconds, turn off the engine. Don't "warm up" your car before driving – it is not necessary. For every two minutes that you don't idle, you'll save the equivalent of nearly 1 cent per gallon.

*CFA is a non-profit association of 300 consumer groups established in 1968 to advance the consumer interest through research, education, and advocacy.

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