



EVERYDAY ACTIONS WE CAN TAKE TO CONSERVE THE LIVING DIVERSITY OF OUR WORLD

Conserve Water and Protect Water Quality

Water plants and lawns in the evening and only when necessary- Outdoor water use accounts for half of the total amount of water consumed in the summer months. Wise use of water not only protects the environment, but provides for optimum growing conditions. Avoid losing water to evaporation by midday heat by watering in the evening. Buy plants native to your area that require less water.

Reduce household pollutants - Avoid buying toxic household products. Look for the "no phosphate" label on household cleaning products. Or use vegetable-based cleaning products and biodegradable detergents.

Properly dispose of household hazardous chemicals - do not dump hazardous chemicals, like paint supplies, lawn-care, or cleaning products down the drain. Follow disposal instructions.

Conserve Energy - use energy-efficient lighting and appliances to reduce the use of fossil fuels. Seek alternatives to driving, instead use mass transit, ride your bike, or walk.

Conserve Water at Home - turn off the faucet while you brush your teeth, wash your face, and shave, and conserve more than 20 gallons of water.

Take quick showers. Store drinking water in the refrigerator rather than running the tap for cold water. Avoid using running water to defrost foods; refrigerate them overnight. Install low-flush toilets, faucets, and shower heads.

Did you know that:

Nearly 50% of U.S. endangered animals and one-quarter of endangered plants live in or rely on wetlands?

Thoughtful Consumer Choices - Making small changes in what we eat and buy is a simple way we can protect our living world.

Buy produce that is in season and/or grown locally - this reduces transportation and energy costs. Out-of-season produce requires intensive resources to grow and is shipped long distances. Often this produce comes from countries with less stringent pesticide regulations than North America.

Avoid consuming species that are over harvested - do not eat swordfish and other species that are over fished. Visit the National Marine Fisheries Service website at www.kingfish.spp.nmfs.gov/sfa for a list of overharvested species.

Buy products with minimal packaging - Buy foods in bulk to reduce the amount of packaging. Avoid individually wrapped items.

Eat more fruits and vegetables- eating more fruits and vegetables ensures a high-fiber, low cholesterol diet that is better for you and the environment. Meat production uses huge amounts of land, water, and energy which results in extensive air and water pollution.

Choose paper or plastic, but not both - the best choice is a reusable cloth bag. Reusing a bag five times displaces the pollution caused by the manufacture of one disposable bag. If this is not possible opt for paper bags made from recycled paper. Choose white or clear plastic bags over red, orange, or yellow plastic.

Compost - your "green" kitchen scraps, grass clippings and fall leaves.

Prevent waste - think twice before accepting a bag for a small purchase. Replace paper napkins and towels with cloth. Buy paper products made from 100% postconsumer fiber. Reuse plastic cups, plates, and utensils.