



Simply Green

Live Well; Tread Gently

February 2008 Winter Edition
Little Steps. . . All of Them Forward

Share your own green tips at: PlanetManhasset@yahoo.com.

At home:

- 🌳 Run the dishwasher only when it's full.
- 🌳 Wash clothes in cold/cold water whenever possible. According to LIPA, 90% of the energy used in a clothes washer is for heating the water.
- 🌳 Turn down your thermostat when you're not home; when home keep it at the lowest comfortable temperature & throw on a comfy sweater.
- 🌳 Leave cozy slippers by the door to change into when you enter your home -- you won't track in dirt from the outside and you'll stay warm in a cooler home. Leave extras handy for guests, too.
- 🌳 Don't leave the water running while brushing your teeth.
- 🌳 Shorten your shower by 1 minute and save an estimated 5 gallons of water.
- 🌳 Get rid of unwanted catalogs once & for all! Catalogchoice.org will do it for free. It takes about 20 minutes to select those you want to eliminate, and will save enormous quantities of wasted paper.
- 🌳 Are your fingers more likely to walk across the keyboard than a book? You can call the number on the delivered yellow pages to remove your name from their distribution list.

Out & about:

- 🌳 If you haven't yet gotten reusable totes for grocery shopping, they're worth a try. Canvas models are washable, durable, and quite hip, we might add. So you don't forget them, unload groceries, leave bags at front door and bring them back out to trunk on the next trip.
- 🌳 Must you drive to the train? Consider walking even just once a week; it's far healthier for you and the environment.
- 🌳 If you are a one-coffee-cup-a-day person, you create an estimated 23 lbs of paper cup waste per year. Try keeping a reusable travel mug in the car for spontaneous latte stops.
- 🌳 "Get the Dirt on Pesticides:" Community Outreach Program – sponsored by the Manhasset Women's Coalition Against Breast Cancer (MWCABC) Thursday, March 13, 7 pm: Patti Wood, founder and executive director of Grassroots Environmental Education, a Port Washington-based non-profit, will discuss how choosing natural lawn care service is an important step homeowners can take toward protecting their families from toxic pesticides and keeping Long Island's drinking water safe.

For more information on Planet Manhasset or any SCA committee/event, please visit

www.manhassetsca.org

Questions/comments? Please e-mail: PlanetManhasset@yahoo.com

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