

Green Task Force Website

Simple Changes that You Can Make at Home and Not Only Help the Environment, but Save some Money as Well

- Next time a light bulb goes out, replace it with a Compact Fluorescent Lightbulb (CFL). CFLs use 2/3 less energy than the average incandescent lightbulb and also last 10 times as long.
- Instead of bringing home several plastic bags from the grocery store and stuffing them into a drawer, bring your own cloth bags to carry your groceries. Several grocery stores sell reusable bags at the checkout aisle, but you can bring in any large cloth bag you desire. Save a lot of plastic while also saving your arms and hands from heavy plastic bags by carrying softer cloth bags that can be put over your shoulder.
- Turn off your faucet while brushing your teeth and you'll instantly save 3 gallons of water. In one year alone you'll save 2,190 gallons.
- Make sure wash your clothes in cold water whenever you can because as much as 85% of the energy used by a standard washing machine goes strictly to heating the water.
- Switching your old showerhead to a lower pressure, energy efficient model can save the average family of 4 up to 280 gallons of water a month and the pressure change is barely noticed.
- The refrigerator, on a constant basis, uses the most electricity in the home. By simply making sure the temperature is set at 37°F and the freezer at 0°F, you can save quite a bit of electricity.
- Open up your drawer full of old cell phones and pick one of these options:
RECYCLE—at one of the following Knoxville locations
 - Knoxville Recycling Coalition 525-9694
 - Staples 560-3150

DONATE--to be used as emergency 911 phones by seniors or victims

- <http://www.911cellphonebank.org/>

MAKE CASH—send your phone off to be recycled and get \$35

- <http://www.greenphone.com>

- Turn your water heater setting down to 120°F instead of the average 140°F. You'll save energy and money while also extending the life of your water heater, which costs around \$900 to replace.
- Unplug your common appliances and electronics when they aren't in use. Though you aren't having breakfast, your toaster will still constantly take about 20% of the amount of electricity it would take while being used.
- Invest in a reusable water bottle. In 2006, Americans bought 31 billion bottles of water and only 10% of those were recycled. Tap water filters can be bought to store large quantities of water in your fridge and you can buy PBA-Free Reusable plastic bottles or aluminum containers at most supermarkets and outdoor outfitters.
- Sign up for the Green Power Switch through KUB. The focus of the program is to sign up to buy your electricity from renewable resources rather than our power sources presently. Buying 5 blocks of Green Power is equivalent to planting 2.5 acres in the Tennessee Valley or not driving for 10 months. Each block is \$4 a month added to your bill. You can sign up online or on your next bill.
- Cut down on some of those chores and mow your yard less. Most grass species thrive better when allowed to grow taller. By keeping your grass length around 2 ½", your grass has more surface area for light which creates a deeper roots system allowing for a thicker and more lush lawn needing less water and irrigation.
- And finally RECYCLING! Knoxville has come a long way in providing drop-off locations and pick-up sites, so utilize these resources. Just by recycling 1 aluminum can you power a TV or computer for 3 hours. A single glass bottle gives enough energy to power a 100w lightbulb for 4 hours, and a 1' tall pile of newspaper is equivalent to heating the average home for 17 hours. A list of drop-off locations can be found at the Knoxville Recycling website below:
 - <http://www.ci.knoxville.tn.us/solidwaste/recycle.asp>
- Learn more--If you are still interested in finding out more simple changes that you can make in your life to be more environmentally conscious and additionally save some money, below is a list of resources that can be bought online or in most bookstores:

- 365 Ways to Live Green, Diane Gow McDilda
- The Green Book: Everyday Guide to Saving the Planet One Step at a Time, Elizabeth Rodgers
- It's Easy Being Green: A Handbook for Earth Friendly Living, Crissy Trask
- 365 Ways to Live Green for Kids, Sheri Amsel