

# GREEN TIPS : BUILDING & RENO

NEWH Sunshine Chapter



**Buildings consume more energy & emit more greenhouse gasses than any other sector – including transportation!**

**49%**

Building Sector consumes nearly half of all energy produced in the United States.

**75%**

of all the electricity produced in the U.S. is used just to operate buildings.

Dumpster? – don't use one! Try to **reuse or donate** any material that is in good condition.

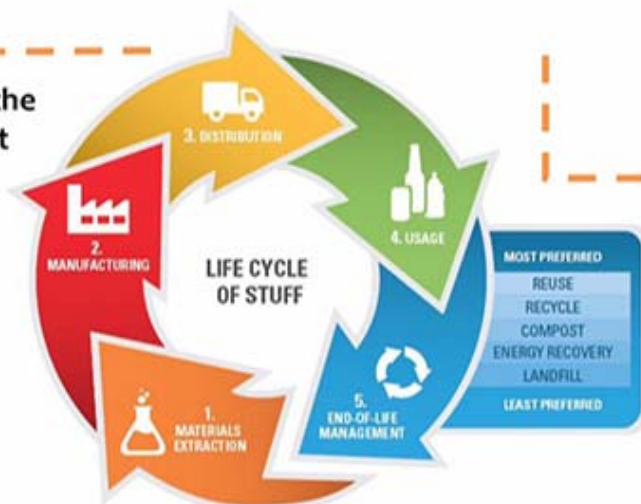


**Donate** – you can donate anything from kitchen cabinets, appliances, unused flooring or building materials!

Habitat for Humanity will even pick it up for you.  
(<http://orlando.habitatrestores.org/donate>)

Use recyclable materials – understanding the lifecycle of a product can help reduce what goes to the landfill.

Choose local, natural products that can be **reused, recycled, composted or used in energy recovery** (energy is harnessed during incineration).



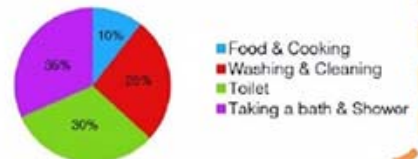
# January 2015 Green Tips for a Sustainable Lifestyle.

The beginning of a **new year** often brings positive changes to mind. New Year's Resolutions to better ourselves often last about a month or so into the year... Here are a few green tips that we hope you can easily include in your everyday routines to live a more **sustainable lifestyle!**



Do you let the water run while you brush your teeth or rinse dishes? Pay attention to your water usage, these two habits are in the top home water wasters with gallons being wasted each time!

How water is consumed



Bring a reusable travel mug or coffee cup with you on your commute or to the office, eliminate your use of Styrofoam and disposable coffee cups!



Grow a garden – visit a local garden center & ask for their advice on which herbs, fruit, and vegetables you can plant in your backyard!



Eat more fruits & veggies! The water footprint of any animal product is much larger than the water footprint of a crop product. Much of the water use in raising animals for meat or dairy is contributed to growing the feed for these animals.

### Plant It & Forget It Garden

No time to garden? These easy-care crops require very little attention during the growing season. Plant your garden in late spring and start harvesting by mid-summer.



# GREEN TIPS:

## Packing a Sustainable Lunch

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**Rethink Lunch!**



Packing your lunch is not only healthier than most fast food or restaurant options, but it is also a sustainable practice that saves you money. Read on for some tips on packing **sustainable lunches** to bring to work or for your children to bring to school.

**real food.  
less waste.**



On average a person who doesn't eat meat or dairy, indirectly consumes nearly **600 gallons of water per day less** than a person who eats the average American diet.  
- water.epa.gov

**Yes!**  
**Bring a variety of foods to prevent a boring lunch!**

- Organic and sustainably-farmed food
- More veggies & fruits
- Reusable, bpa-free containers



**Meatless Monday**

- Hummus – dip, spread, or mix with greens or pasta
- Soup
- Pastas with veggies & sauce
- Salad
- Wraps & sandwiches
- Fruit
- Energy bars
- Popcorn
- Baked potatoes

**What not to bring:**

- Ziploc bags, foil, plastic wrap
- Disposable water bottles
- Disposable cutlery
- Prepackaged food in small, disposable containers

# GREEN TIPS : Sustainable Summer

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## BEACH LIFE

Have you ever wondered about the quality of the beach you are going to? Check out <http://www2.epa.gov/beaches> to find out if the beach is closed or has ever been closed due to water pollution & to check water levels.



## SUNSCREEN: Friend or Foe?

Enjoy your time in the sun with these skin saving tips:

- Seek shade &/or wear a wide-brimmed hat.
- Look for sunscreens without parabens. Parabens are preservatives that have been found to cause estrogen disruption - closely linked to cancerous breast tissue.
- <http://www.ewg.org/release/ewg-2015-guide-safer-more-effective-sunscreens>

## NATURAL MOSQUITO REPELLENT:

### Ingredients:

- 10-15 drops essential oil (such as pennyroyal, lemon balm, lavender, rose geranium)
- 12oz Liquid Castile Soap

Mix together & wash with in the shower prior to going outdoors. Use as your normal body wash to prevent mosquitos in any situation

## Bee Happy

Bees are known for pollination and help keep fruit & vegetables on our table.

Show some backyard hospitality and host a bee colony or plant bee-loving plants:

- Strawberries
- Blackberries
- Cilantro
- Lavendar
- Dahlias



# GREEN TIPS : COMPOSTING

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## What NOT to Compost ...and Why

Meat, fish, egg or poultry scraps	odor problems and pests
Dairy products	odor problems and pests
Fats, grease, lard or oils	odor problems and pests
Coal or charcoal ash	contains substances harmful to plants
Diseased or insect-ridden plants	diseases or insects might spread
Pet wastes (dog or cat feces, cat litter)	might contain parasites or germs
Yard trimmings treated with pesticides	might kill composting organisms
Black walnut tree leaves or twigs	substances harmful to plants

Remember that most composting experts advise a balance between green waste -- watery materials like fruits and vegetables, grass clippings and weeds -- and brown waste like dried leaves, sticks, fur, cloth, cardboard and paper.

Via: [http://greenliving.about.com/od/thegreenyard/a/ok\\_to\\_compost.htm](http://greenliving.about.com/od/thegreenyard/a/ok_to_compost.htm)

The average US household generates **650 lbs. of compostable materials** each year.

Via: <http://extension.psu.edu/plants/gardening/news/2013/so-me-composting-facts>

## The list of Compostables

CARDBOARD, NEWSPAPER  
and CLEAN PAPER

Coffee Grounds  
and filters

Corn cobs, Eggshells & Nutshells

FRUITS and VEGETABLES

hair & fur

SAWDUST and WOOD CHIPS

Tea Bags

GRASS and YARD TRIMMINGS

HAY + STRAW

cotton and wool rags

Dryer and Vacuum Lint

Flowers, Leaves, Plants  
and Pine Needles

## Orlando Locals

### COMPOST ORLANDO

Pick up compost, drop off compost, custom compost bin & consultation. Offers Residential, Restaurant, & Office Services:  
<http://www.compostorlando.org/>



City of Orlando - request a free compost bin:  
<https://cityoforlando.wufoo.com/forms/s1malf3y1y6c7p8/>