

Saving Green: Conservation Contract



Hot Spots to Save:



- I will use my thermostat appropriately
- I will unplug unused electronics

Money Saving Thermostat Settings!	
When You Aren't Home	Turn it OFF!
When You're Home (In the Summer)	75°-80°
When You're Home (In the Winter)	68°-73°



- I will take 5-minute showers
- I will run a full dishwasher instead of washing dishes by hand



- I will use homemade cleaners
- I will stop using air freshening sprays and open my windows to freshen the air



- I will use reusable bags, drink cups, food storage containers, and napkins whenever I can
- I will recycle or donate old items

Saving Green: Energy



Use Your Thermostat Appropriately!

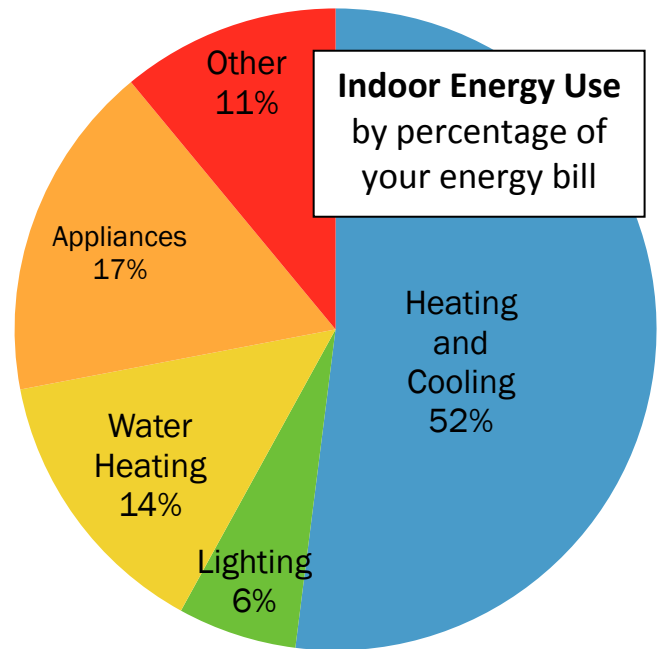


The biggest energy user (HALF of total use!!) is your heating and cooling, so the best way to save money is by adjusting your thermostat. The table on the previous page gives the best suggestions for thermostat settings that balance **comfort** with **savings!**

Unplug Appliances to Avoid Plug Loads



Many appliances use electricity even when they are switched off, this is a plug load. Plug loads are mainly found with entertainment electronics such as DVD players, TVs, stereos, computers, and cable boxes. To avoid plug loads, you can either unplug unused electronics or put them on a power strip and switch the power strip off when not in use.



- 🔦 Turn off your fans when you aren't in the room, it's a myth that they circulate the air!
- 🔦 Supplying hot water uses energy. Save electricity by taking 5-minute showers.

Notes:



Saving Green: Energy

Heating & cooling is the largest energy user in your home. Complete this worksheet to see how much you could save simply by adjusting your thermostat. The larger the adjustment, the greater the savings!

*Note: These savings are based on figures provided by the United States Department of Energy, which says that there is an average of **3% savings** per degree of 24-hour thermostat increase/setback.

Money Saving Thermostat Settings!	
When You Aren't Home	Turn it OFF!
When You're Home (In the Summer)	75°-80°
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1. Calculate your Adjustment:

Find the difference between the YOUR *Current Setting* temperature and the *New Setting* temperature you are willing to try.

$$\boxed{\text{New Setting}} - \boxed{\text{Your Current Setting}} = \boxed{\text{Adjustment}}$$

Unsure?
Try 80°
(for summer adjustments)

2. Calculate your Monthly Savings:

$$\boxed{.03} \times \boxed{\text{Adjustment}} \times \boxed{\text{Average Bill}} = \boxed{\text{Monthly Savings}}$$

Unsure?
Try \$100

3. Calculate your yearly Energy Savings:

Don't forget! You can save even more by turning your thermostat *up or off* when you aren't home.

$$\boxed{\$ \text{Monthly Savings}} \times \frac{12}{\text{Months}} = \boxed{\text{Energy Savings}}$$

Saving Green: Water



Take a 5-minute Shower

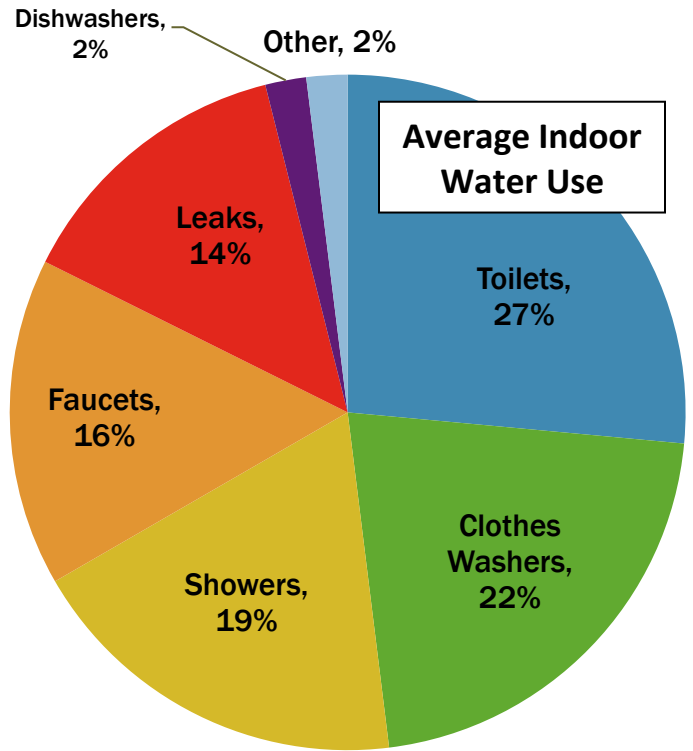


Using a shower timer can save you between 13 and 25 gallons per shower. Save even more by turning off the water when you are lathering your hair or body.

Use the Dishwasher *Instead of* Hand- Washing



Hand-washing dishes can use up to 5 times more water than using your dish washer. Save even more by avoiding pre-scrubbing dishes in the sink!



- Place work orders for toilets, sinks and showerheads! A running toilet can cost over \$800/year!
- Wash only FULL loads of laundry. Clothes washers account for almost 1/4th of total water use!
- Turn off the tap when brushing your teeth or washing your hands

Notes:



Saving Green: Water

Showers, faucets, and leaks account for HALF of your water bill.

Let's find out how much you can save by making a few changes! Did you know...

- A conservative 5-minute shower can save 2,700 gallons of water per person every year!
- Hand-washing dishes uses about 23 more gallons of water per "load" compared to running a fully-loaded dishwasher.
- Faucets that leak at one drip per second waste 3,000 gallons per year! A leaky toilet uses an average of 200 gallons of water every day.

Showers

Fill in the shaded boxes to find your personal shower savings.

minutes
 Average time you currently spend in the shower

X .021 cents
 Cost per Gallon per Minute

X 365 days
 Days per Year

= \$
 Cost per Year (per person)

(\$ - \$65.43) X = \$ A
 Cost per Year (per person) # of people in your household Shower Savings per Year

5-minute showers
 Cost per Year (per person)

Faucets and Dishes

Circle the true statements.

- I usually hand-wash my dishes \$121
- I usually pre-rinse my dishes before putting them in the dishwasher + \$86
- I usually keep the tap running while I brush my teeth + \$58

Leaks

Circle the true statements.

- I have a leaky toilet + \$840
- I have a leaky sink + \$43

Total cost of each item you circled =

\$ B
 Faucets, Dishes, and Leak Savings per Year

\$ A + \$ B =
 Water Savings

Saving Green: Indoor Air



Clean with Homemade Cleaning Supplies




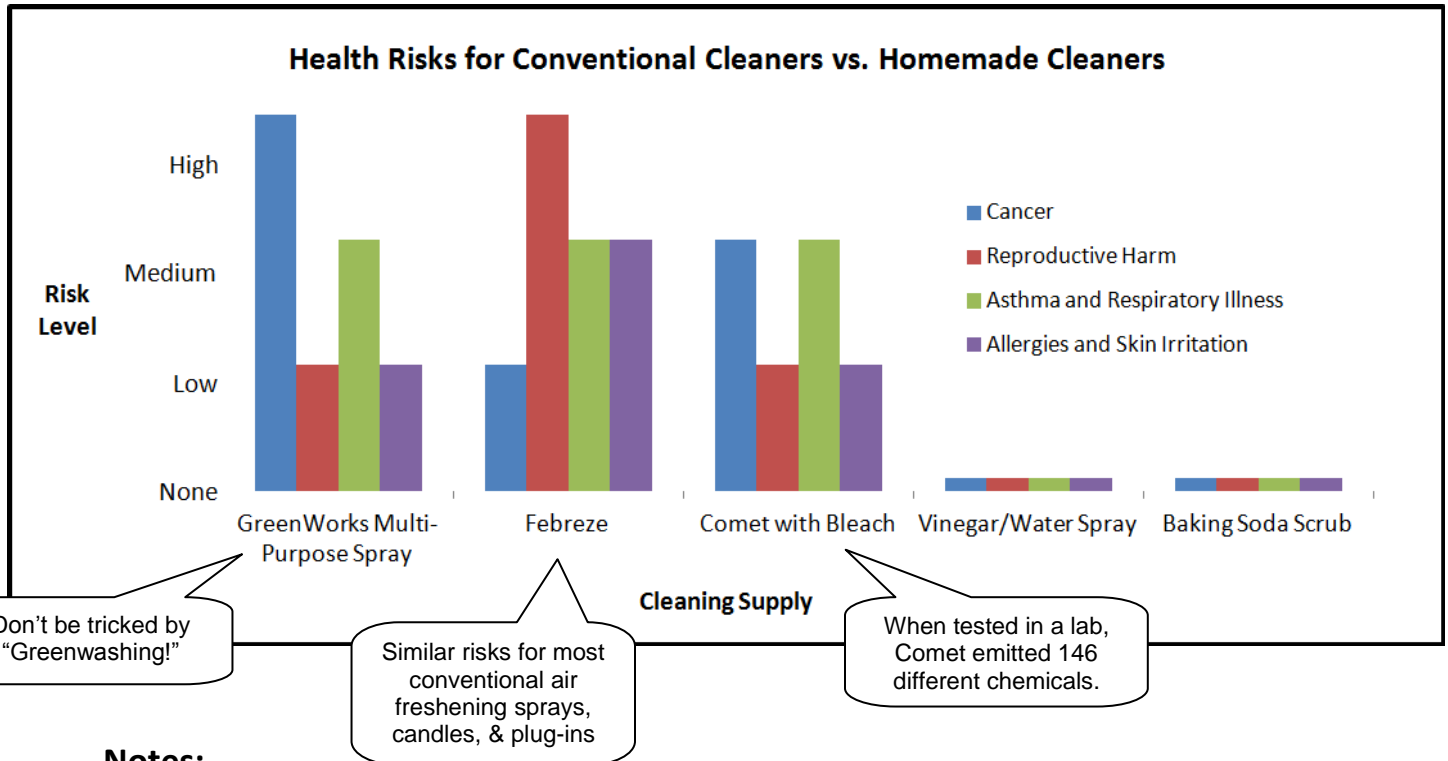
Studies have shown that many of the commonly used chemicals in cleaning products are linked to asthma, respiratory diseases, birth defects, and cancer. You can keep your home *just as clean for much less money*, safeguard your personal health, and even protect the environment by going back to the basics. Get started with vinegar and baking soda by using the green cleaning recipes and suggestions in the resources section of this packet!

Stop Using Air Fresheners



Home fragrance products often contain volatile organic compounds (VOCs) that include nasty chemicals like formaldehyde and petroleum distillates. VOCs can trigger eye and respiratory tract irritation, headaches and dizziness. A clean home should smell like nothing at all!

 Open your windows or run exhaust fans for fresh air. This dilutes indoor levels of pollutants!





Saving Green: Indoor Air

Conventional cleaners are very costly! Find out how much you can save by making your own cleaning solutions, putting a stop on air freshening purchases, and using reusable cleaning supplies!

Answer the questions below. Circle your answer and then record the underlined cost on the corresponding line.

Example: Are you ready to learn how you can save?

a. Yes! \$0.00 to complete this worksheet!

b. No! \$XX.XX for not improving my indoor air quality!

\$ 0.00

+

1. Do you clean with washable dish cloths?

a. Yes! \$12.00 per year for new washable dish cloths

b. No! \$96.00 per year for disposable paper towels, cleaning wipes, sponges, etc...

\$ _____

+

2. Do you make your own all-purpose spray using vinegar and water?

a. Yes! \$6.00 per year for a large bottle of white distilled vinegar

b. No! \$12.00 per year for Fabuloso (or similar commercial all-purpose spray)

\$ _____

+

3. Do you use air freshening sprays or plug-ins? Or scented candles?

a. Yes! \$20.00 per year on air freshening purchases

b. No! \$0.00 per year to open my windows for clean, fresh air (I know a clean home should smell like nothing at all!)

\$ _____

+

4. Do you *regularly* clean with bleach?

a. Yes! \$16.00 per year on bleach

b. No! \$8.00 per year on baking soda

\$ _____

+

5. Do you use vinegar and baking soda to clean your toilet bowl?

a. Yes! \$8.00 per year on vinegar and baking soda

b. No! \$24.00 per year on Lysol (or similar commercial

\$ _____

=

\$ _____

A

Your Spending

Annual cost for healthy indoor air!

\$ _____

A

\$ 34.00

=

Healthy Indoor Air Savings

Saving Green: Recycling



Use Reusable Everything!

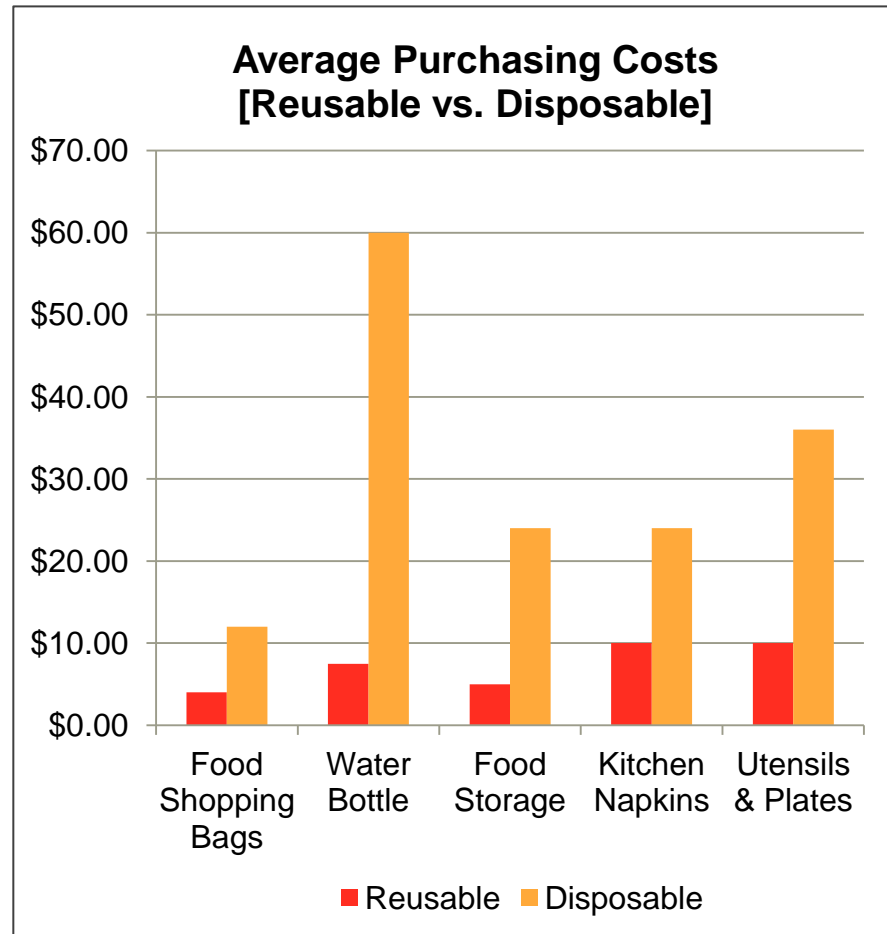


Buy reusable over disposable items. Look for items that can be reused; the little things can add up. For example, you can bring your own silverware and cup to work, rather than using disposable items.

Recycle



Recycling is the process of collecting and processing materials that would otherwise be thrown away as trash and turning them into new products. Recycling can benefit your community and the environment.



- Buy foods in bulk to save an average of 89% on food shopping costs.
- Buy used products. You can find anything from clothes to kitchen goods to building materials.

Notes:



Saving Green: Recycling

According to estimates from the EPA (Environmental Protection Agency), each person in the US creates an average of 4.5 pounds of garbage a day, totaling 1.35 billion pounds of garbage/day, or 6,750 blue whales.

Answer the questions below. Circle your answer and then record the underlined cost on the corresponding line.

Example: Are you ready to learn how you can save?

a. Yes! \$0.00 to complete this worksheet!

b. No! \$XX.XX for always using disposables.

\$ 0.00

+

1. Do you shop with reusable bags at the grocery store?

a. Yes! \$4.00 per year for reusable bags

b. No! \$12.00 per year for paper or plastic bags

\$ _____

+

2. Do you always use a reusable water bottle?

a. Yes! \$7.50 per year for a reusable water bottle

b. No! \$60.00 per year for disposable plastic bottles

\$ _____

+

3. Do you package food in 'Zip-Lock' or paper bags?

a. Yes! \$24.00 per year on disposable bags

b. No! \$5.00 per year on 'Rubbermaid' containers

\$ _____

+

4. Do you use paper napkins when you eat?

a. Yes! \$24.00 per year on disposable paper napkins

b. No! \$10.00 per year on washable napkins

\$ _____

+

5. Do you use plastic utensils or paper plates when you are eating meals at home, hosting friends, or packing lunch?

a. Yes! \$36.00 per year on disposable cutlery & plates

b. No! \$10.00 per year on reusable cutlery & plates

\$ _____

= \$ _____ **A**
Your Spending

Annual cost if you used only reusables!

\$ _____	-	\$ 36.50	=	<div style="border: 1px solid black; width: 100%; height: 30px; margin-bottom: 5px;"></div> <i>Recycling Savings</i>
A				

Saving Green: Additional Resources

How to Clean with Vinegar and Baking Soda

All-purpose Vinegar Spray Cleaner:

(32 oz. bottle)

- ¼ cup white vinegar
- 4 cups warm water
- 6-10 drops essential oil (optional)



In a large spray bottle, combine vinegar and water. Add drops of essential oil (peppermint, lemon, tea tree). Shake before each use.

Baking Soda Scrub:

- 1/2 cup baking soda
- Water



Pour 1/2 cup of baking soda into a bowl, and add enough water to make a texture like frosting. Scoop the mixture onto a sponge, and wash the surface. This is the perfect recipe for cleaning the bathtub because it rinses easily and doesn't leave grit.

	Vinegar	Baking Soda
General Cleaning	Glass – Remove ugly film in narrow-necked glass jars, flower vases, and bottles by letting undiluted white distilled vinegar sit in them for a few hours. Add a little rice or sand and shake vigorously to loosen stubborn stains. Repeat if necessary.	Silver – Clean silver using 3 parts baking soda to 1 part water.
	Tarnished Metal – Make a paste with equal amounts of vinegar and table salt.	Carpet – Freshen carpet by sprinkling with baking soda, waiting 15 minutes, and then vacuuming.
	Sponges – Cover with water in a bowl. Then add 1/4 cup vinegar. Let soak overnight.	Grease Stains – Pre-treat grease stains with a baking soda paste before washing.
	Wood – Remove water rings with a solution of equal parts vinegar and vegetable oil. Rub with the grain.	Laundry Booster – Add a 1/2 cup of baking soda to your load of whites before washing.
	Scissors – clean off sticky residue with a cloth dipped in vinegar.	Scrubbing Walls – Sprinkle your sponge with baking soda when cleaning walls. It even removes crayon!
	Hands – Wipe your hands with vinegar to remove strong scents like onion and garlic	Fabric Softening – Add 1/2 cup of baking soda to the rinse cycle to act as a natural fabric softener.
	Dusting – Use spray bottle filled with half vinegar, half water and lightly spray a rag to dust all surfaces.	Pest Control – Baking soda will repel ants and cockroaches where ever you sprinkle it.
	Mildew – Spray shower walls and shower curtain with half vinegar and half water to help prevent mildew.	Absorb Moisture – Place a bowl of baking soda anywhere there is a moisture problem. The baking soda will absorb the moisture in the air.
	Odors – Place a bowl of vinegar in the room overnight.	Clean Floors – Mop floors with a solution of 1/2 cup baking soda dissolved in a bucket of warm water.

	Vinegar	Baking Soda
Kitchen	Counter Tops – Clean with a rag and vinegar.	Produce – Dust produce with baking soda before washing to get it extra clean.
	Microwave – Mixing equal parts vinegar and water in a microwave-safe bowl. Bring it to a boil inside the microwave. Wipe clean.	Dirty Pots – Sprinkle baking soda on the bottom of pots burnt with food. Fill with hot water and soak overnight. Scrub to clean.
	Refrigerator – Clean with a solution of one-part water and one-part vinegar.	Plastic Food Containers – Plastic food containers can be cleaned by wiping down with baking soda. Soak stubborn stains with 4 parts baking soda and 1 part water.
	Dishwasher – Pour a cup of vinegar inside an empty machine and run through a cycle.	Dishwasher – Sprinkle baking soda in the bottom of your dishwasher before your next load to get rid of odors.
	Plastic Food Containers – Wipe with a cloth dampened with vinegar to remove stains and smells	Sponges – Soak sponges in 1 quart of water mixed with 4 tablespoons baking soda to keep them smelling fresh.
	Cutting boards – Wipe wooden boards with vinegar.	Cutting Board – Sprinkle a cut lemon with some baking soda and rub on your wood cutting board to remove stains.
	Grease – Use a sponge soaked in vinegar.	Garbage Disposal – Process baking soda and lemon wedges in your garbage disposal to keep it smelling fresh. Metal Sinks – Stainless steel sinks will shine after you clean with a mixture of baking soda and vinegar.

	Vinegar	Baking Soda
Bathroom	Grout – Let full-strength vinegar sit on it for a few minutes and scrub it with an old toothbrush.	Deodorize – Place an opened box in the refrigerator, freezer, cabinet, closets, or anywhere you want to remove odors.
	Germs – Spray with full-strength vinegar. Wipe clean with a damp cloth.	Toilet – Stubborn toilet stains can be cleaned by sprinkling toilet with 1 cup of baking soda and allowing to sit for 30 minutes. Spray with vinegar then scrub.
	Mildew & Soap Scum – Wipe with vinegar then rinse.	Shower Doors – Remove water spots from shower doors by wiping down with baking soda sprinkled on a damp sponge.
	Toilets – Pour in a cup or more of vinegar and let it sit several hours or overnight. Scrub well and flush.	Grout – Use a baking soda scrub to clean stubborn grout stains.
	Stale Odors – Wipe down with vinegar on a rag or place a bowl of vinegar in the room overnight.	



CAN I RECYCLE THIS?

A quick guide for the City of Austin recycling cart

¿PUEDO RECICLAR ESTO?

Una guía rápida sobre el recipiente de reciclaje de la Ciudad de Austin

Whether you are at home, at work or out and about in Austin look for recycling options before you toss these items in the trash. Austin Resource Recovery provides curbside recycling for most houses in Austin.

You can mix paper, plastic, metal, glass and cardboard in your blue recycling cart - there is **no sorting required**.

Mientras estás en casa, en tu trabajo, dentro o fuera de la Ciudad de Austin siempre ten en cuenta opciones de reciclaje antes de tirar tu basura. Austin Resource Recovery te brinda la recolección de basura en casi todas las casas en Austin.

Puedes mezclar papel, plástico, metal, glass y cartón en tu bote azul de reciclaje - **no tienes que separarlo**.

RECYCLE/RECICLE PLASTIC CONTAINERS/ ENVASES DE PLÁSTICO



Water bottles
Botellas de agua



Soda bottles
Botellas de soda



Jars and tubs
Envases



Plastic milk jugs
Envases de plástico para leche



Detergent and all purpose cleaner bottles
Botellas de detergente y limpiadores multiuso



Soap and shampoo bottles
Botellas de jabón y champú



Corrugated cardboard and boxboard boxes
Cartón corrugado y cajas de cartón



Freezer boxes
Cajas de comida congelada



Shoe boxes
Cajas de zapatos



Gift boxes
Cajas de regalo



Soda and other beverage boxes
Cajas de soda y otras bebidas



Paper towel and toilet paper cardboard roll
Rollos de cartón de toallas de papel y papel higiénico

VISIT AUSTINRECYCLES.COM TO LEARN MORE
VISITA AUSTINRECYCLES.COM PARA APRENDER MÁS

RECYCLE/RECICLE GLASS/VIDRIO



Glass jars
Frascos de vidrio



Glass bottles
Botellas de vidrio

RECYCLE/RECICLE PAPER/PAPEL



Junk mail
Correo no solicitado



Envelopes
Sobres



Home office paper
Papel de oficina

RECYCLE/RECICLE METALS/METALES



Aluminum foil (balled 2 inches or larger)
Papel de aluminio (enrollado en bolas de 2 pulgados o más)



Aluminum foil baking pans, pie plates and trays
Bandejas para hornear, moldes y recipientes de papel aluminio



Food cans and caps/lids
Latas de comida y tapas



Coupons
Cupones



Paper bags
Bolsas de papel



Magazines
Revistas



Greeting cards
Tarjetas de felicitaciones



Newspapers
Periódicos



Posters
Afiches



Soda cans and caps
Latas y chapas de sodas



Steel and tin cans
Acero y latas de hojalata



KEEP OUT/¡NO SE PUEDE RECICLAR!



Plastic bags
Bolsas de plástico



Garden hoses
Mangueras



Clothing, fabric and textiles
Ropa, tela y textiles



Pizza boxes
Cajas para pizza



Electronics
Electrónicos



Food scraps
Sobras de alimentos



Clothes hangers
Ganchos de ropa



Hazardous waste
Desechos peligrosos



Rope
Cuerdas



Paint cans
Latas de pintura



Styrofoam
Poliestireno Expandido



Helium tanks
Tanques de helio