

e

## ENVIRONMENTAL DEFENSE

finding the ways that work



# TEN STEPS

- Turn off unnecessary lights
- Keep your windows closed tight
- Run dishwasher ONLY when full
- Wash clothes in warm or cold water, not hot
- Adjust your thermostat – lower in winter, higher in summer
- Recycle paper, plastic, glass, metal
- Walk, bike, carpool, use mass transit, when possible
- Buy energy-efficient lightbulbs
- Choose recyclable products over disposable
- Check your car's tire pressure regularly