

GREEN RECOMMENDATIONS

AN ASHFORTH TOP TEN LIST

1. BUY COMPACT FLUORESCENTS

Switching one 60 watt incandescent bulb for a 13 watt compact fluorescent light (CFL) bulb saves 75% in energy, roughly \$38 over the life of the bulb. If every American home replaced just one light bulb with a CFL, we would save enough energy to light more than 3 million homes for a year, more than \$600 million in annual energy costs, and prevent greenhouse gases equivalent to the emissions of more than 800,000 cars.

2. GO CARBON NEUTRAL

For about \$99 per year through non-profit carbonfund.org, you can offset your entire carbon footprint (the amount of this key greenhouse gas produced through your life activities) with that organization's contributions to renewable power, energy efficiency, and reforestation projects.

3. RECYCLE

The average person in the U.S. produces 1,609 pounds of waste each year. Recycling can cut that waste stream by up to 75 percent.

4. DENY DISPOSABLES

"Disposable" is literally a dirty word. If we all just used a glass instead of a water bottle and a coffee mug instead of a paper or styrofoam cup, we would save 244 billion bottles and cups made from petrochemical-based plastics from entering the U.S. waste stream each year, and save money at the same time.

5. USE NATURAL PERSONAL CARE

This has a double benefit – keeping toxic chemicals off your body and then keeping them out of the environment after they wash off your body.

6. USE NATURAL LAWN CARE

The average suburban lawn uses six times the hazardous chemicals per acre than conventional farming. If just 10% of us switched to natural lawn care, over half a billion pounds of chemicals would be prevented from entering the environment.

7. CLEAN GREEN

We dump 32 million pounds of toxic chemicals down our drains each day, just from household cleaning chemicals. Switching to green alternatives from your natural supermarket keeps those chemicals out of our bodies and out of our water supply.

8. FILTER YOUR TAP WATER

Filtering your tap water provides pure, clean, great-tasting drinking water at a fraction of the cost or environmental impact of expensive and wasteful bottled water that costs more per gallon than gasoline.

9. INCREASE ENERGY EFFICIENCY

Energy and fuel efficiency can dramatically reduce use of fossil fuels. Insulate your home and consider a hybrid next time you buy a car. Turning off lights in rooms you're not using, and other energy reduction methods, also helps a great deal.

10. EAT ORGANIC & LOCAL

For each 1% increase in organic food consumption in the U.S. alone, pesticide and herbicide use is reduced by over 10 million pounds per year. This reduces soil and water contamination, as well as soil erosion, worldwide damage from which is estimated at \$400 billion per year.

For more information, visit www.wellbuilding.com to stay informed on sustainability developments, resources, tips and tools.



ASHFORTH CARES

707 SUMMER