



Go Green Galloway

Energy Saving Tip:

“Change a light” is a phrase that you hear frequently these days; and there is a good reason for that. Replacing just one incandescent bulb with a compact fluorescent bulb in your home will save 150 pounds of carbon dioxide a year; so changing all of your bulbs can make a significant impact on the environment.

CFLs average 75% less electricity use than standard bulbs- so you will also see a savings in your electric bill. And they will last up to eight times longer!

One thing to keep in mind: CFLs contain small amounts of mercury; so they should be handled with care and disposed of properly. The Galloway Township Department of Community Education, the Atlantic Co. Utilities Authority (during their every-other month HHW collections) and Home Depot will all take spent bulbs.

Want to do more? Consider installing a solar tube (Solatube, Sun Tunnel) in your home. This is a flexible tube installed between the roof and a ceiling and it reflects an amazing amount of light- with no electricity! And LED lights are becoming more mainstream and are improving all the time. LEDs emit almost no heat, use a fraction of the power it takes for a CFL and last up to 50,000 hours.

This tip is courtesy of the Task Force for a Sustainable Galloway.

For more information, call the Galloway Township Department of Community Education at 652-3700, ext 209 or email mlynch@gtnj.org

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Green tip of the week:

Eliminating E-Waste

As much as we love our gadgets their production and disposal are a growing harm to the environment and our health. There are things you can do to address this problem.

-Use products for their entire lifespan. Instead of discarding perfectly functional products in order to get the latest gadget, keep it longer.

-Buy used/refurbished. Previously owned cell phones, computers and cameras save resources and are less expensive than new ones.

-Recycle or refill empty ink cartridges. Getting your cartridges refilled is a great way to save a lot of money. Also, many stores like Staples take empty cartridges to recycle in exchange for rewards.

-Donate/sell. Give old computers, stereos, and TVs a new home. Craigslist and Freecycle are great places to sell or donate your used electronics. There are several retailers that accept used electronics: Best Buy, Staples. Volunteer organizations will also accept electronics donations: Goodwill, Habitat for Humanity, United Way, Salvation Army. Please contact each organization/retailer individually to check the details.

-Repair instead of replacing. Repair broken parts of electronics instead of replacing them as often as possible.

-Recycle responsibly. Recycling is important and old electronics should be recycled properly. Electronics (computers, printers TVs, VCRs, DVDs, stereo components, microwaves, and copiers) can be dropped off at the Galloway Road Convenience Center the 1st Saturday of the month from 9 AM-2PM. It is illegal to dispose old computers and TVs as trash. Old cell phones can be brought to the Galloway Municipal Complex lobby.

Daina Walters

Go Green Galloway Outreach Correspondent

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Green tip of the week:

“Green minded” Coffee Breaks- Whenever you prefer your coffee, small changes can add up to a lot less waste!

- **Reusable mug-** Invest in a reusable mug. Polystyrene isn't biodegradable and after just one use most cups will end up in a landfill for centuries.
- **Support local cafes:** Keeps your money supporting local small business owners helping the economy.
- **Avoid using individually packaged sugars, creamers and throw away stirrers-** This just adds to the ever growing trash heap. If your local shop doesn't offer alternatives, consider asking them to change their ways.
- **Reuse coffee grounds-** Grounds can be used to scrub grease off of pots and pans, placing grounds in the refrigerator absorbs odors. Coffee grounds make excellent plant fertilizer and added to a compost pile adds a natural nitrogen boost.
- **Check fair trade certification-** buying fair trade ensures safe working conditions and fair compensation for farm workers. Look for the Fair Trade Certified label when shopping.
- **Choose organic-** Certified Organic coffee is grown and processed without toxic chemicals.

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Green tip of the week:

Maintain your vehicle to save money and energy

Keeping your car properly maintained can prolong its life as well as save you money on gas. The following tips provide you with information on how to get the best gas mileage.

- Change your air filter regularly. This can significantly improve your gas mileage.
- Avoid speeding. Speeding, hard braking and quick acceleration are not only unsafe, but they can also lower your gas mileage.
- Use cruise control. Keeping your driving at a more consistent speed can usually improve gas mileage.
- Don't idle. Idling wastes fuel and causes unnecessary air pollution. NJ currently has a law that prohibits idling for more than 3 minutes, with certain restrictions. It is more efficient to turn your car off and restart it when you are ready to drive again. Instead of going thru the drive-thru consider parking and picking up your food inside.
- Don't keep unnecessary objects in your car. Driving around with heavy objects in your car will actually cause you to use more fuel.
- Keep appropriate tire pressure. Car tires that are underinflated will cause you to have poor gas mileage. You can find the proper tire pressure for your car printed on the inside edge of the driver's door. Most gas stations have air pumps to fill tires.
- Get a tune-up. A tune-up can make a considerable improvement in your gas mileage.

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Green tip of the week:

B.Y.O.B. (Bring Your Own Bag)

Bring your own fabric or other type of reusable bag when you shop. By doing this you can save thousands of bags from ending up in landfills. Even worse, they can also end up in ecosystems where they can harm living creatures. Plastic bags often end up in waterways where marine animals can mistake the plastic bags for food. This often leads to the death of many marine animals every year since the plastic bags block their digestive tracts after they are ingested.

Plastic bags can take an extremely long time to break down. It takes approximately 500 years for plastic bags to degrade and when they do this they don't biodegrade, they photodegrade which means they just breakdown into smaller pieces.

When one ton of plastic bags are reused or recycled, the energy equivalent of 11 barrels of oil is saved. So please be mindful and switch to re-usable shopping bags.

Look for some alternative uses for the plastic bags you've collected:

- Waste: old bags are great in the car trash collectors
- Pets: reuse bags to clean up kitty litter or to pick up dog droppings when walking your pet
- Trash: use them in smaller waste bins around the house
- Kids: Take them with you for easy disposal of diapers

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Green Tip of the Week:

If you are like the rest of us, you receive mountains of mail each day...most of which is unsolicited. The average person gets only 1.5 personal letters each week, compared to 10.8 pieces of junk mail and 44% of that junk mail is thrown in the trash, unopened and unread (not recycled).* Consider the impact on the environment: 100 million trees are destroyed each year to produce junk mail and 28 billion gallons of water are used to produce the paper that the junk mail is printed on.**

You can stop this unsolicited mail with a little time and effort. The easiest way is to pay for a service: www.41pounds.org and www.greendimes.com (Green Dimes also offers a free service) will both do the legwork for you. Also, www.stopjunk.com offers a kit developed by the Consumer Research Institute that will provide the tools that you need.

Or you can do it yourself by following these steps:

To end credit card solicitations: call 1-888-5OPT-OUT or visit www.optoutprescreen.com. Ask the companies that you have cards with not to sell or trade your name.

To end general junk mail: Call the Direct Marketing Association at 212-768-7277 or visit www.dmaconsumers.org.

To stop unwanted catalogs: Call your catalog companies to request either being removed from their list or to specify only a couple catalogs a year. Catalog Choice is a free site that allows you to opt out.

Charitable donation requests: Call to request that they only send one donation request a year.

When filling out contest forms, warranty cards, subscriptions, memberships, etc.: Add the phrase "please do not rent, sell, or trade my name or address" next to your other information.***

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For more information, call the Galloway Township Department of Community Education at 652-3700 ext. 209 or email mlynch@gtnj.org

* www.erie.gov/environment

** www.charityguide.org

*** www.ecocycle.org