

# Go Green: Easy Ways to Make a Difference



**Consumers are increasingly conscious of the benefits of environmentally friendly and sustainable practices. They care more now than ever about green industry and have the resources to find the products that meet their requirements. Eco-friendly thinking when buying for the home is not just for environmental activists anymore.**

Today, “Green” and “Eco-friendly” are a buzzword and permeate our culture. Companies are going green, information technology is going green, and even consumers individually are trying to go green.

There are many ways in which we can reduce the number of products and resources we use on a day-to-day basis. Small actions can create big change – especially when it comes to the environment. An eco-friendly lifestyle does not need to be difficult or expensive.



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## Let us Save the World Together.

### 6 Rs Make You Green

The 6 Rs can be a way of helping you think about reducing the impact of your activity on the environment and people.



#### **Rethink/Reinvent:**

Question ourselves do we need too many products? Is there another use for this? Can this be recycled? Manage in a way that Checks you have got them right... considers people and the environment.

**Refuse:** Do not use a material or buy a product if you do not need it or if it's bad for people or the environment.

**Reduce:** Cut down the amount of material and energy you use as much as you can.

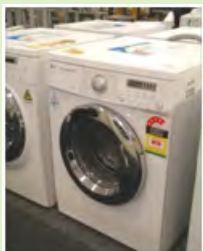
**Reuse/Repair:** Use a product to make something else with all or parts of it or when a product breaks down or doesn't work properly, fix it.

**Recycle:** Reprocess a material or product and make something else.

**Replace/Rebuy:** Next time, consider recycled and green content.

### For your home

**Appliances:** Buy or replace appliances with ENERGY STAR labelled appliances. These appliances save 10-15% less energy and water than their counterpart models without ENERGY STAR label.



**Doormats:** Doormats made from natural fibres are always a good bet. Natural fibres like coir are bio-degradable and also help keep rubber and plastics out of the landfill.

**Drying Rack:** Hang your clothes outside on drying rack. Do not use the dryer. Save money on the electric bill and help the environment with the same time.

**Flooring:** Cork, bamboo, linoleum, glass tiles, wool carpet and reclaimed hardwood are excellent flooring solutions. They are durable, stylish and available in a range of colours and textures to suit your taste. Recycled shingles are made from waste materials like wood, rubber, plastic and post-consumer waste. They are a durable, cost-effective and practical way to reduce landfill waste.

**Green paints:** Eco-friendly paints are an ethical way to give your home a whole new look. They do not contain any harmful chemicals and are made



from natural raw materials. Avoid paints having volatile organic compounds.

**Heating & Cooling:** Be sure to change your air filters regularly, service yearly and seal your home thoroughly. In the summer raise your thermostat two degrees and in the winter lower by two degrees.

**Lighting:** Replace Incandescent Bulbs with CFL bulbs or LEDs. CFLs provide high-quality light without the heat of incandescent and use much less energy and last up to 10 times longer. LEDs don't heat up like incandescent, and last longer

and are more energy efficient than both traditional bulbs and CFLs. Make use of natural light as much as possible.

**Plastic Bag:** Toss out “Throwaway Culture.” Switching to reusable bags is an effort to save money and protect the environment.



**Recycled materials:** It reduces the pollution caused by waste. Be creative and use the resources you have in building a green home. Scrap steel, reclaimed wood, aluminium and fibreglass can be reused to create home furnishings.

**Timber:** Buy furniture made from reclaimed timber. It is strong and unique-looking. From door panels to window frames, the choice of materials that can be engineered wood and bamboo.

**Waste:** Be attentive about using resources such as water, fossil fuels and wood so that you limit waste, pollution and environmental damage.

**Water:** Turn off the tap while doing daily chores. Doing so you will save six litres of water per minute if you close your tap while brushing your teeth. Don't keep the tap running while cleaning your utensils, clothes or vegetables. Fix leaks.

**Weatherize Your Home:** Weather stripping and caulking around windows and doors can have a big impact on how much energy – and money – you can save throughout the year.

## For your office

**Computer:** Keep computer equipment updated; new generation computers and monitors are more energy efficient. Put

computer to sleep when you're not using it. Donate or recycle old computers and equipment.

**E-Communicate:** Do video conferencing or web conferencing. Meet on Skype/Lync/Google Hangouts/Google Duo where possible.



**Indoor Plants:** Adding a few plants to an office make employees more productive. They can reduce stress and eliminate air pollutants. Plants enhance the overall appearance of an office.

**No to Disposable:** Encourage staff to use “real” mugs, glasses, dishes and cutlery rather than disposables one. It takes just seconds to wash a mug.



**Office Supplies:** Stock the office with reusable pens with refills. Reuse packing materials and cardboard boxes.

**Update Mailing Lists:** Avoid sending out unnecessary letters, thus saving the paper, printing, and postage.

**Use Natural light:** Artificial lighting consumes 40% of electricity, open the blinds and let daylight in wherever possible. Switch off the lights at night when nobody is there.

**Print:** Use recyclable paper, print double-sided and in B/W. Reuse single-sided printed paper. Recycle toner cartridges.



One ton of recycled paper can save 17 trees.

**Stationery:** Eliminate waste in printing. Better to go digital. You can also save a few trees.

**Use rechargeable batteries:** They save money over time and help to reduce the number of toxic materials sent to landfills.

**Use whiteboard:** Use whiteboards and/or overhead projectors to display meeting agendas rather than printing and distributing them.

**Washrooms:** Use cloth towels or hand dryers instead of paper napkins. Install low-flow faucet aerators reduce the flow of water from the taps. Use eco-friendly cleaning products.

### For your Travel

**Choose the perfect Tour operator:** Tour companies that have smaller groups tend to have less of an environmental impact.

**Hotels:** Go to Eco-friendly hotels. They not only save money for the owner but also resources for the world, while at the same time letting their guests continue doing good things for the environment.

**Mode of transport:** Choose trains, car-pooling and economy seats on planes. Drive fuel efficiently. Go to options like biking, walking and taking public transit. These are cheaper and eco-friendly.



### For your neighbourhood

**Buy Local/Organic:** Choose farmers' markets over supermarkets. It supports the local community's economy.

**Green Living Community:** Plant more trees. Start urban farms and community gardens.

**Organise festivals/events:** Community celebrations give more pleasure. It will give more pleasure, save environment and money. Improves everyone's quality of life with a greater sense of belonging, more safety, more supports, more sharing and more fun!

**Raise Awareness:** Sharing information on local green efforts, or ways your community can play a more active role in the neighbourhood's environment vitality.

### CERC-ENVIS Centre

Ministry of Environment, Forest & Climate Change, GOI has recognized Consumer Education and Research Centre as ENVIS (Environment Information System) Centre in 2005 with the theme "Environment Literacy-Ecolabelling and Eco-friendly Products." The focus is to provide environmental information to decision makers, policy planners, scientists and engineers, research workers, etc. across the country.