

## What Can We Do at Home?

1. **Switch to Energy-saving Light Bulbs** - The Environmental Protective Agency reports that if every household in the U.S. replaced just one standard incandescent light bulb with an energy-efficient one, the nation would save about \$600 million annually in energy costs.
2. **Eat More Food from Local Sources** - Visit a farmer's market — or even a local farm — and plan a family dinner using locally sourced ingredients.
3. **Lower the Temperature on Your Water Heater** - Set too high (140 degrees or higher), water heaters can waste up to 5 percent on your heating costs and use. Talk to your kids about timing their showers while you're at it.
4. **Fix Leaks** - A leak of one drip per second can waste 259 gallons of water every month, according to the Department of Energy. Do a water audit with your kids and teach them how to tighten up the faucet.
5. **Start a Compost Bin** - Composting is an excellent way to feed the soil, organisms in the soil and plant life while reducing waste. Teach your family about composting by setting up your first bin together.
6. **Keep Reusable Shopping Bags in Your Car** - Being prepared with reusable bags is key to reducing a major source of waste — plastic. Have your family buy some plain canvas totes and decorate them with fabric paint to make saving the planet more fun.
7. **Use Earth-friendly Cleaning Products** - There are so many more cost-effective, green-friendly options to choose from today. Go through your current cleaning supplies with your family and then go shopping for some earth-friendly supplies — or make your own from ingredients in your own pantry!
8. **Turn It Off** - It's not just about saving money on your electric bill (although that's a nice perk, too). Remember to recommit with your family to turn off lights and electric appliances when not in use. Consider charging family members a quarter (or smartphone time!) each time they forget and see how much quicker they develop the habit.
9. **Have a No TV Day** - Encourage more time in the fresh air. Plan a family picnic in the park, go for a walk or plan some outdoor games. Think about making it a weekly family tradition!
10. **Plant a Vegetable Garden** - Start simple by planting some fresh herbs or container plants such as tomatoes.