



## ***“Green” Ideas and Conservation Tips***

### ***To Save Waste, Water, Energy, and Time***

We can all do our part to become more environmentally friendly in our homes and businesses. Listed below are just some samples of small choices you can make that could have a big impact on the health of our planet.



Recycle cellular phones. Less than 1 percent of cell phones are currently recycled. There are five hundred million used cell phones not being used in the US alone. Donate old cell phones to a worthy cause. PBHOA is establishing a “Cell Phones for Soldiers” campaign. Call 609-276-6585 for more information on how to participate.



Ten percent of the electricity used in homes is burned by communication devices and appliances—even when turned off! Save money by unplugging computers, power strips, and cell phone chargers when they are not being used. The average American citizen household continuously leaks about fifty watts of electricity – eliminating that trickle could save billions of dollars in wasted electricity.



Use ceramic mugs for coffee, tea or hot chocolate instead of paper cups. In one year, Americans use over 14 billion paper cups, enough to circle the world 55 times. Styrofoam will remain on the planet for 9 generations!



Use fewer plastic bags. U.S. households dispose of almost one hundred billion plastic bags annually, millions of which end up littering the environment and harming endangered marine animals. Just by reducing plastic bag consumption by two bags per week, we will throw away at least 100 fewer bags per year.



If you buy fresh flowers, seek out varieties that are organically grown. The use of pesticides, chemicals and toxins applied to grow fresh flowers to those not organically grown can pollute water systems. Hint: Keep in mind - Valentine’s Day is right around the corner!



Try to find outdoor patio furniture made from recycled materials instead of wood or metal. One bench made from recycled materials can prevent plastic bottles from entering landfills.



Try to recycle old bicycle tires and inner tubes instead of throwing them in the garbage. Recycling can prevent about 2 pounds of rubber from being landfilled and may help provide materials for a new handbag, a pair of hiking boots or even a bike path.

*Note: The Long Beach Island Foundation of the Arts and Sciences will host a number of research, science and alternative energy events beginning in 2010. Visit [www.LBIFSCIENCE.org](http://www.LBIFSCIENCE.org) for more information.*