



LSAP GOAL #4 - ADOPT A SIMPLE LIFESTYLE
"TOGETHER WE MAKE A DIFFERENCE"



July 2023



PAPER

August 2023



PLASTIC
BOTTLES

September 2023



WATER

October 2023



ALUMINUM
CANS

November 2023



ELECTRONICS

December 2023



MEDICINE

January 2024



HEAT

February 2024



PLASTIC
(not bottles)

March 2024



LIGHTBULBS

April 2024



GASOLINE

May 2024



STYROFOAM

June 2024



AIR
CONDITIONING

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JULY 2023 – Paper

- *Recycling one ton of paper can save: 17 trees, 7,000 gallons of water, 3.3 cubic yards of landfill space, 380 gallons of oil and 4,000 kilowatts of energy.**
- *Paper can be recycled up to six times before being discarded.**
- *Crumpled paper is recyclable; check with your local recycling company about shredded paper.**
- *Educate yourself on recycling procedures in your community and encourage others to recycle.**
- *Visit www.treehugger.com for a list of best eco-friendly paper products for home use.**

Practice: Go one day without using any paper towels.

AUGUST 2023 – Plastic Bottles

- *According to Plastic Oceans, 14% of all litter consists of beverage containers. Therefore, recycling plastic bottles can help to reduce the amount of litter on our streets, waterways, and oceans.**
- *Plastic bottles can take between 450-1000 years to break down and cannot fully biodegrade. Instead, they break down into smaller and smaller microplastics, which act as dangerous contaminants.**
- *Plastic in our oceans is responsible for the death of an estimated 100,000 marine animals per year, and microplastics in the ocean quickly infiltrate our own food chains.**

Practice: When there is a choice, choose a type of bottle different from plastic.

SEPTEMBER 2023 – Water

- * More than one-quarter of all bottled water comes from a municipal water supply – the same place that tap water comes from.**
- *You can save up to four gallons of water every morning by turning off the faucet while you brush your teeth.**
- *An automatic dishwasher uses 9 to 12 gallons of water while handwashing dishes can use up to 20 gallons.**

Practice: Each time you turn the faucet on, say a prayer of thanksgiving for the gift of water.

OCTOBER 2023 – Aluminum Cans

- * Recycling one aluminum can saves enough energy to power a television for three hours.
- * Used aluminum drink cans can be recycled and back on the supermarket shelves as new drink cans in as little as 60 days. But if an aluminum can goes to landfill, it will stay there for 500 years before it oxidizes.

Practice: Recycle aluminum cans.

NOVEMBER 2023 – Electronics

- * Electronic donation and recycling is a way to conserve resources and protect the environment. Manufacturers and retailers offer several options to donate or recycle electronics. These websites may be helpful: Call2Recycle - Earth911 - Greener Gadgets
- * You can also contact the EPA (Environmental Protection Agency) directly.
- * Many communities have Environmental Collection Centers e.g., Best Buy and Staples accept most small electronics.

Practice: Do an inventory of your electronics. Decide if you have anything to donate.

DECEMBER 2023 – Medicine

- * Disposing of medicines improperly is harmful to the environment and may endanger animals who find drugs disposed of improperly.
- * The best way to dispose of expired or unused medicine is through a drug take back program.
- * Most communities have their own drug take back programs. Check with your local law enforcement officials to find a location near you or check with the DEA to find a DEA-authorized collector in your community.
- * You can also check with your local pharmacist. Some pharmacies offer on-site medicine drop-off boxes, mail back programs and other ways to help safely dispose of unused medicines.

Practice: Check your medicine cabinet for unused or expired medicines. Dispose of properly.

JANUARY 2024 – Heat

- *The majority of your energy bill, about 42%, is spent on heating your home in the winter and keeping it cool in the summer. If you want to save energy and reduce your monthly utility bills, adjusting your heating and cooling habits is a great place to start.**
- * Making the switch from hot water to warm or cold on your washing machine can cut a load of laundry's energy use in half, according to the Department of Energy. Cooler wash cycles are also almost always easier on your clothes.**

Practice: Wash laundry in cold or warm water instead of hot.

FEBRUARY 2024 – Plastic

- *Plastic bags and wraps can be taken to recycling bins in front of more than 20,000 U.S. grocery and retail stores. in 2016 we recycled nearly 1.3 billion pounds of bags/wraps!**
- *You can recycle grocery bags, bread bags, food storage bags, bubble wrap, dry-cleaning bags, overwraps for beverage cases...Just make sure they're clean and dry.**
- * Plastic plates are made up of non- biodegradable materials. 446 items of plastic cutlery are used per person each year. A plastic fork can take 200 years to decompose.**

Practice: Say NO to plastic plates or utensils.

MARCH 2024 – Light Bulbs

- *Incandescent bulbs are the traditional light bulbs most people are accustomed to; they use 10 percent of the energy they create to produce light.**
- *CFL and LED light bulbs are energy-efficient alternatives to traditional incandescent light bulbs.**
- *CFL bulbs are compact fluorescent bulbs that use 90 percent less energy than incandescent bulbs.**
- *LED lights are 75 percent more efficient than CFL bulbs.**

Practice: Change to LED lights when possible.

April 2024 – Gasoline

- *Buy gas early or late in the day, get tune ups on the car.**
- *Do oil changes, keep your tires pressurized.**
- *Make sure your gas cap is on correctly, watch your speed, avoid idling.**
- *Combine trips.**
- *Use an electric mower.**

Practice: Make one less trip this month.

May 2024 – Styrofoam

- *Styrofoam fills up 30% of landfills.**
- *Styrofoam never degrades in the earth.**
- *Never try to burn Styrofoam which gives off poisonous fumes.**
- *Only recycling plants, such as Dart, process Styrofoam for reuse; Styrofoam is non degradable.**
- *Using alternatives for containers, such as glass and paper, helps save the environment.**

Practice: Try using alternatives to Styrofoam this month.

June 2024 – Air Conditioning

- *Clean up anything that is around your air conditioner that can stop air flow.**
- *Change filters and clean vents.**
- *Close drapes or blinds to keep out the sun.**
- *In the summertime, turn your temp up when you are at work or you will be going out for five hours or more.**
- *Keep doors and windows closed when air conditioner is on.**

Practice: Give thanks for the gift of air and how essential it is to life.