

# A to Z Recycling

Green Tips



## 5 Easy Ways to Be Green Around the House

- 1) **Buy water-efficient shower heads.** They can cut water usage for a family of four by as much as 280 gallons per month.
- 2) **Keep certain plants in your house** that help remove toxins such as formaldehyde and benzene. We recommend English ivy, Golden pothos and peace lilies.
- 3) **Adjust fridge and freezer temps.** The fridge uses up the most electricity in the house. For maximum efficiency, keep the fridge temp at 37 and the freezer at 0.
- 4) **Buy a laptop.** It uses significantly less energy than a desktop computer (and takes up less space).
- 5) **Remove yourself from junk mail lists.** Go to [www.dmaconsumers.org](http://www.dmaconsumers.org) and take a minute to register with the Direct Marketing Association's Mail Preference Service. You should see a difference in about 3 weeks.

Do you have a Green Tip to share? Please e-mail [amy@atozrecycling.com](mailto:amy@atozrecycling.com)!