



Healthy Environment Reference Card



AVOID lawn and garden products that contain the words: DANGER (most toxic), WARNING (toxic) or CAUTION (less toxic).

AVOID disposing of toxic items such as oil, gasoline, batteries, pesticides, asbestos, paint and solvents, with regular garbage.

AVOID unnecessary driving whenever possible to reduce air pollution.

AVOID adding to your "carbon footprint" with excess vehicle emissions.

AVOID assuming that gas and oil are the only viable options for heating, cooling and electricity.

AVOID wasting energy due to poor insulation and inefficient heating/cooling systems.

AVOID using gasoline-powered lawn equipment such as lawn mowers, leaf blowers and trimmers.

CHOOSE organic methods of lawn and garden care. Use organic fertilizers, compost and natural insect repellents.

CHOOSE to properly dispose of toxic items through your town's "S.T.O.P." or toxic waste management program.

CHOOSE to carpool to work, movies, concerts and other activities. Bike or take public transportation if available.

CHOOSE to "drive smart" by maintaining your vehicle. Check tire pressure and filters, and choose high MPG vehicles.

CHOOSE energy sources such as solar, wind, biofuels and geothermal power which produce minimal or no pollution.

CHOOSE better home insulation. Upgrade older heating/cooling systems to more energy efficient "Energy Star" models.

CHOOSE "people-powered" options such as manual push mowers, clippers or rakes. If necessary, use electric – not gasoline.

AVOID unnecessary electrical consumption.

AVOID using disposable plastic and paper bags when shopping in grocery stores, department stores and elsewhere.

AVOID purchasing products in large, wasteful, oversized packaging.

AVOID throwing recyclable materials into the garbage.

AVOID using non-native plantings and energy-intensive landscapes that require excessive watering and pesticide use.

AVOID paving driveways with blacktop and concrete which can cause flooding and polluted runoff that contaminates our water system.

AVOID unnecessary exposure to the electromagnetic field (EMF) radiation from products such as computers, alarm clocks and electric can openers.

AVOID an excessive lifestyle that overuses the earth's natural resources.

▶ **CHOOSE** to conserve. Turn off the lights, TV, and computer. Unplug all chargers and small appliances when not in use.

▶ **CHOOSE** to use recyclable, reusable shopping bags whenever possible. Opt to use natural cotton or canvas bags.

▶ **CHOOSE** to buy concentrated liquids that require less packaging: juice, detergents.

▶ **CHOOSE** to recycle all plastics, glass, paper and aluminum.

▶ **CHOOSE** natural landscapes and hearty native plants that require less water and remain healthy without pesticides.

▶ **CHOOSE** to use permeable materials, such as gravel, bricks or bluestone to pave driveways and walkways.

▶ **CHOOSE** to keep electrical gadgets at a distance. Keep electric alarm clocks and radios away from the head of your bed.

▶ **CHOOSE** to live "smaller". Adopt a "less is more" philosophy.