

# SAVING THE PLANET ONE STEP AT A TIME

CLIMATE ACTION COMMITTEE, POINT PLEASANT

Issue 1

*“No one person has to do it all but if each one of us follow our heart and our own inclinations we will find the small things that we can do to create a sustainable future and a healthy environment.”*

*John Denver*

## Trees and the Environment



**Plant a Tree** - Using energy at home and burning fuel in our vehicles causes carbon dioxide - CO<sup>2</sup> - to enter the atmosphere. Trees are "sponges" for CO<sup>2</sup> and help reduce many pollutants in the atmosphere. Trees also hold the soil in place and prevent flooding by absorbing water. They shade

our homes, causing us to use less energy. They provide habitat for many species of animals, produce fruits that we can eat and flowers for all to enjoy. Little trees, big trees they all help the planet. Evergreens are great because you can enjoy green all year round!

Eliminate junk mail by going to  
[www.dmaconsumers.org/offmailinglist.html](http://www.dmaconsumers.org/offmailinglist.html)

## UPCOMING ISSUES

- More energy saver ideas
- More ways to save water
- Gardening to help the environment
- Recycle more, throw out less
- Natural cleaning products
- Preserving our precious coastline
- Information on energy efficient appliances

**“Going Green” is a family and community effort. Get your children involved and aware of what they can do to save and preserve the planet.**



Even though a warmer planet is expected to bring more precipitation, we humans may not be able to capture enough of it. Studies have shown, as the climate warms, more water will fall in the form of rain rather than snow. This means reservoirs will fill earlier than normal, and how snow will melt earlier in the year, altering the timing of runoff that water officials count on for reserve in many major reservoir systems. The less we use, the more we have in reserve for when we need it.

**Run the dishwasher when it is full.**

**Run washing machine with a full load.**

**Take shorter showers**

*Taking these 3 steps will save water, save money on your energy bills and reduce thousands of pounds of carbon dioxide from our air!*

**Wash your car using a pail not the hose**

**Don't use the hose to wash down the driveway, sweep it. Saves water and it is great exercise.**

## Light Bulb Savings!

Replace incandescent light bulbs with energy-efficient compact fluorescent light bulbs. You will save on your electric bill and help the environment at the same time. Add one each time to your grocery list, and before you know it they will all be replaced. *Changing five of the most frequently used light bulbs in your home can save you \$100 per year on electric bills and reduce 500 lbs of carbon dioxide.*



**RECYCLE – RECYCLE – RECYCLE**

## Plastic Bags Are Killing Us

**The shocking facts about plastic bags...** The plastic bag is one of the most used items on Earth, numbering in the trillions. They're made from petroleum or natural gas with all the attendant environmental impacts of harvesting fossil fuels. One recent study found that the inks and colorants used on some bags contain lead, a toxin. Every year, Americans throw away some 100 billion plastic bags after they've been used to transport a prescription home from the drugstore or a quart of milk from the grocery store. It's equivalent to dumping nearly 12 million barrels of oil.

They clutter landfills. They flap from trees. They float in the breeze. They clog roadside drains. They drift on the high seas. They fill sea turtle bellies. But like candy wrappers, chewing gum, cigarette butts, and thousands of other pieces of junk, millions of the plastic bags end up as litter. Once in the environment, it takes months to hundreds of years for plastic bags to breakdown. As they decompose, tiny toxic bits seep into soils, lakes, rivers, and the oceans.



Bring your own cotton bags to the stores. In most cases you will receive a 5 cent credit or receive some other type of reward from stores that support "Green." Many grocery stores sell reusable sturdy colorful bags for a dollar or less to encourage you to help save the planet. Look in your closets you may have a few cotton bags that you can use for shopping. Keep a few in your car.

Use both sides of paper when possible. Cut paper into small pad size pieces and use for writing shopping lists, notes etc.

## Pooper Scoop Your Pet

If pet waste is not properly disposed of, that waste is washed into nearby storm drains by rain or melting snow. Pet waste can be a source of bacteria. Storm sewers drain directly into lakes, streams, and the Barnegat Bay, delivering bacteria and other pollutants to the water.



When you walk your dog, take a pooper scooper along, or (small degradable pet bags) with you. Flush only the waste or dispose degradable pet bag in the garbage.

If you let your cat outside, be sure you have a litter box by your back door or in your yard for them to use. Dispose of their waste in the garbage or flush in the toilet.



## Did You Know...



For every ton of paper that is recycled, the following is saved: 7,000 gallons of water; 380 gallons of oil; and enough electricity to power an average house for six months.

You can run a TV for six hours on the amount of electricity that is saved by recycling one aluminum can.

By recycling just one glass bottle, you save enough electricity to power a 100-watt bulb for four hours.

## Say "No" to Over Packaging

Choosing products with less packaging is a simple way to help reduce the amount of waste that we toss every day. Plastic contains various harmful and potentially harmful chemicals and waiting for packaging materials to biodegrade in a landfill can take years. The chemicals can seep into ground water and cause more harm. Reducing what you add to the heap and reusing products you have is a giant step toward making a difference.

## Make Going Green Fun!

Make a "GREEN REMINDER LIST." Hang it on the refrigerator or on a wall in the kitchen. Make a list of all the things you want the family to do to help save the planet. List them down one side of the paper and leave room for family members to put a check next to the items each time they do it.

It will make a great reminder of things they can do and fun to see how many times they are doing them.

Post a new one each month and before you know it green habits will become a part of your family's daily life.

"Share this newsletter with your children."

## CARRY YOUR OWN REFILLABLE BOTTLE FOR WATER OR OTHER BEVERAGES