

Speakers on Healthcare

Emme's 10 Green Tips



1. Keep a bucket handy in the bathroom to capture the water stream while your shower heats up and use it to water plants around the house or in the garden.
2. Save gallons of water daily by turning off the water faucet while brushing teeth.
3. Reuse the plastic bag from your daily newspaper as a car garbage bag.
4. Set an example; pick up litter during hikes, neighborhood walks or beach strolls and dispose of it properly. I always carry a newspaper plastic bag in my jacket pocket so my daughter and I have a place to put the litter we find.
5. Don't throw away zipper plastic bags; they are strong enough to rinse and reuse again and again and again.
6. Save a tree...reuse wrapping paper and gift bags, Why not?! I've even wrapped gifts in the Sunday comics!
7. Reuse styrofoam and clear plastic egg containers to sprout seeds for your garden.
8. Set the thermostat in your home to 63 degrees during the winter. I know that sounds cold, but wear a sweater or wrap and add extra blankets to the bed.
9. Invest in a digital thermostat that will allow you to raise or lower your home's temperature when you are at work, thereby avoiding heating or air conditioning your home unnecessarily when no one is home.
10. Reuse glass containers with tops to store food, sauces and other perishables. Collect and use 1950's refrigerator glass, your fridge will never look so good!

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