



Patterson PTA "Go Green" Guide

Energy Conservation Tips

Heating & Cooling (41% of home utility expense)

- Purchase a programmable thermostat. Set the temperature comfortably high in the summer (78° F) and low in the winter (68° F). Pre-program thermostats to energy-saving mode when you're away.
- Insulate: the average U.S. home loses 31% of its air through walls, ceilings and floors.
- Clean or replace air filters once a month, and perform annual maintenance on HVAC equipment.
- During winter, keep shades or draperies open on south-facing windows to allow solar heating. In the summer, close them to reduce heat.
- Purchase energy-efficient or Energy Star rated heating and cooling equipment.
- Geothermal systems can save from 50% to 70% of monthly utility costs with lower annual maintenance.

Water Heating (13% of home utility expense)

- Insulate your water heater and all visible hot water pipes.
- Set your water heater temperature to 120° F.
- Take more showers than baths.
- Drain 1 quart of water from your hot water tank every three months to remove sediment.
- Repair leaky faucets or pipes.
- Install aerating, low-flow faucets and shower heads to conserve.
- Purchase Energy Star rated dishwashers and clothes washers.
- Tankless water heaters can offer 30% savings.
- Visit www.dsireusa.org for info on State or Federal tax credits and rebates.

Kitchen & Laundry Appliances (12% of home utility exp.)

- Scrape off food rather than rinsing before placing inside your dishwasher.
- Wash full loads in your dish and clothes washing machines.
- Use cold water rather than hot water cycles (90% of washing machine energy heats the water).
- Use the high spin option on your laundry machine to reduce your drying time and energy.
- Air dry clothes and dishes when possible.
- Follow maintenance instructions to maximize life span and efficiency. Clean refrigerator coils at least twice per year.
- Use small electric toaster ovens rather than your full-sized oven for cooking small meals.
- Use a microwave for warming meals or boiling cups of water.

Lighting (15% of home utility expense)

- Replace at least the top 5 lights in your home with compact fluorescent lights (CFL), which are 70% more energy-efficient than incandescent and last 10 times longer.
- Turn off lights in rooms not being used.
- Install motion detector light switches or dimmers and install light timers or solar switches on outdoor lights.
- Open curtains or blinds to use natural light when possible.

Consumer Electronics (9% of home utility expense)

- 75% of the electricity powering home electronics is consumed while the products are turned off. These "phantom" loads can be dramatically reduced with Energy Star rated electronics.
- Unplug cell phone and AC adapter chargers when not in use.
- Plug home entertainment equipment into a surge protector and turn it off when not in use.
- Use your computer's power features to turn off your monitor or go into hibernate mode.
- Laptop computers use about 30% less electricity than desktops.
- Use rechargeable batteries instead of throwaway batteries.

Lawn & Garden, Composting & Organic Farming

- Rain Barrels can:
 - Save on water usage
 - Assist in maintaining moisture locally
 - Provide water for lawn and garden on restricted watering days
 - Help reduce non-point water pollution
- For composting information: go to www.composting101.org/

Thanks to the following energy professionals for participating in the Patterson Go Green Event:

Naperville Renewable Energy 630.281.0184
www.naperville.il.us/renewable.aspx

Robert Bair Associates (energy-efficient plumbing and HVAC)
www.bairservices.com/ 630.964.1700

Kouba-Cavallo Associates (Home Energy Audits)
www.kouba-cavallo.com/ 630.971.2016

Illinois Solar Energy Association
www.illinoisolar.org/ 708.305.3891

Waterfurnace International (geothermal heating & cooling)
www.waterfurnace.com/ 217.696.4366

Thanks also for their participation to:

Chicago Rain Barrel www.chicagorainbarrel.com/

Sid's Home & Garden Showplace (composting, rain barrels)
www.sidsgreenhouses.com/ 630.904.1007

Green Earth Institute (organic farming)
greenearthinstitute.org/ 630.664.5681

Waste Reduction & Recycling Tips

End Junk Mail

These sites will help you end unsolicited bulk mail:

1) DMA (Direct Marketing Association)

Two ways to register: 1) Online 2) By Mail (costs \$1)
www.dmachoice.org/

2) Do-it-yourself, Stop junkmail

Provides an overview of ways to directly stop junk mail and remove your name from marketing, calling, and SPAM lists.

www.obviously.com/junkmail/ OR
www.stopjunkmail.org/sample/kit.pdf

3) ProQuo

A free service to remove your name and address from marketing lists. They offer a list of common catalogs that you can choose to cancel or keep.

secure.proquo.com/beta/pages/CreateAccount.jsf

4.) OptOutPrescreen

Works with the official consumer credit reporting industry—Equifax, Experian, Innovis and TransUnion to help you stop pre-approved and pre-screened credit card and insurance offers.

www.optoutprescreen.com/?rf=t

5) GreenDimes

Offers to stop 90% of your junk mail and plant 10 trees on your behalf. They also monitor your account each month to keep you off lists. This service costs \$20.

www.greendimes.com/

For First Class Mail:

Cross out the address and bar code, circle the first class postage and write "refused: return to sender." Mail it.

For Catalogs:

Call the company's 800 number and have the label handy. If mail is addressed Current Resident, tell them your first name is "current" and your last name is "resident."

For local business & supermarket flyers:

Find address card (usually has an ad, a photo of a missing child). Get sender's phone number, call to get off list. For local newspapers, look for a phone number on the piece.

Local Recycling Information

City of Naperville Trash/Recycling:
http://www.naperville.il.us/index_template.aspx?id=194

E-waste:
<http://www.vintagetechnologyrecyclers.com/Services.htm>
www.recycleelectronics.com

We thank **Vintage Tech Recyclers** for participating in the Patterson Go Green Event. Contact them at:
www.vintagetechnologyrecyclers.com or 815.609.7013.

Reusable Grocery Bags & Lunch Products

- Use reusable shopping bags to cut down on bag waste. There are styles and designs to suit any taste and lifestyle.
- Cut down on plastic produce bags by bringing your own reusable produce bags.
- Refuse a bag. Cashiers are programmed to give you one—if you don't need it, don't take a one.
- Reuse plastic bags you've accumulated as garbage liners.
- Use Ultra Compact bags—small enough to stash in a purse, jacket, backpack, or car, they're always handy.
- Ask retailers for reusable bags, or credits when you bring your own.

Biodegradable/Compostable Waste Bags

Switch for traditional plastic to biodegradable trash bags. Bioplastics are made from renewable materials, can be less hazardous in production, and are likelier to decompose when discarded in landfills. Look for bags labeled "compostable."

Reusable Bags & Lunch Product Retailers

We thank **ReusableBags, Wrap-n-Mat, Laptop Lunches, Pack-n-Tote, and Tupperware** for providing samples to the Patterson Go Green Event. For more information on their products, go to:

www.reusablebags.com/

www.wrap-n-mat.com/

www.laptoplunches.com/

www.pack-n-tote.com/

www.tupperware.com

Biodegradable/Compostable Waste Bags

Trellis Earth

www.trellisearth.com/

SimBio USA

www.simbiousea.com/

NatureWorks

www.natureworksllc.com/

Sun Terra

www.sunterra.us/

BPI World

www.bpiworld.org/

Green Cleaning Tips

Cleaning Floors

For light cleaning use a mixture of 1 part vinegar to 2 parts water—for more heavy duty cleaning add 1/2 a squirt of liquid (hand or dish) soap (NOT antibacterial) or a splash of Murphy's Oil Soap.

Your Swiffer can still be used!! Just put the above solution in the bottle, and use cloth rags instead of the disposable pads. Note that you may need to use a wrench the first time you open the Swiffer bottle.

All Purpose Cleaner (counters, cupboards, tables)

Mix together in a spray bottle: 1 cup water, 1 cup vinegar

OR

2 cups water

2 tsp borax

1/2 tsp baking soda

1/2 tsp liquid soap (NOT antibacterial)

OR

2 cups water

5-10 drops of tea tree oil (at Whole Foods, maybe Jewel organic aisle)

1/2 tsp baking soda

1/2 tsp liquid soap (NOT antibacterial)

To clean your cutting boards or counters after they have come in contact with raw meat: wash with hot soapy water, then spray with vinegar followed by hydrogen peroxide. Do not mix the vinegar and hydrogen peroxide in the same bottle.

Cleaning solution for wood furniture

Mix in a spray bottle:

1/2 cup vinegar

1/2 cup water

1/2 squirt liquid soap (NOT antibacterial)

3-5 drops of olive oil

OR

1/2 cup vinegar

1/2 cup water

A small splash of Murphy's Oil Soap

Spray on a dry cloth (not furniture) and wipe.

Glass/Mirror Cleaner

Mix in a spray bottle:

1 cup white vinegar

1 cup water

For really dirty windows add 1/2 squirt liquid soap. Use a newspaper on mirrors and windows for a streak free clean.

Get the kids involved!

Spray water on the surface to be cleaned (tub, counter, sink etc)* This is only necessary to make the baking soda cling—if cleaning counters, the water is not necessary. Sprinkle with baking soda Spray with vinegar and watch the magic! Scrub and rinse well.

Thanks to Sherry Needham for the Green Cleaning tips. We also thank **Aramark** (green cleaning, facility services) for participating in the Patterson Go Green Event. Contact them at www.aramark.com/.

Driving & Fuel Efficiency Tips

Purchase a hybrid vehicle, diesel engine, electric car, or alternative fuel vehicle. Research the MPG estimates and the annual maintenance and fuel costs per year on whatever vehicles you do buy.

Driving Tips

- Idling gets you 0 miles per gallon
- Warm your car for no more than 1 minute on cold days
- Turn your car off during extended stops or when waiting for someone
- Aggressive driving wastes gas (65 rather than 75 MPH is 15% more fuel efficient)
- Reduce the weight of your vehicle by clearing out your car
- Use the air conditioning only when necessary
- Keep your car properly tuned and maintained, replace clogged air filters, old oil, transmission fluid and vehicle lubricants, change your brake pads and rotors
- Properly inflate your tires to improve your fuel efficiency by 3.3%
- Combine errands into one, well-planned trip
- Use your vehicle's cruise control during highway driving
- Purchase an automated toll pass to avoid starting and stopping at toll booths
- Carpool when available or use public transportation

We thank the following auto dealerships for presenting their fuel efficient vehicles at the Patterson Go Green Event:

Chevrolet of Naperville	630.357.6100
Continental Honda	708.352.6000
Lexus of Naperville	630.570.7938
Mercedes-Benz of Naperville	630.364.7139
Toyota of Naperville	630.405.4095

The Patterson PTA Go-Green Committee recognizes the following for their efforts:

Judy Ashe, Ann Bertino, Kathy Bromer, David Champion, Alissa Chrisos, Jane Donnatuono, Edna Engle, Environmental Impact Initiative, Annette Eriotes, Colleen Garrison, Suzanne Haag, Karen Holland, Mary Ellen Kane, Gretchen Lantz, Theresa Livingston, Laura McDonnell, Sherry Needham, Cheryl Pastore, Heather Schmidt, Michael Vari, Rick Vidmar, Lyn Walker, Linda Wilkins, and the Patterson School Lunch staff for their cooperation.